Calgary metro

Your essential daily news | MONDAY, NOVEMBER 28, 2016 | High 3°C/Low -7°C Partly cloudy

THE WEEKND

What's behind this Starboy's mysterious front

metroLIFE

SO CLOSE

After an unforgettable season, Stampeders lose Grey Cup in OT

metroSPORTS

Calgary Stampeder Jerome Messam is tackled by Ottawa Redblacks Taylor Reed at BMO Field in Toronto Sunday.

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metro NEWS

Your essential daily news

Trudeau pushed to admit Castro was actually a dictator. **World**

Pocket sized drone debuts

TECHNOLOGY

Calgarians invited to show video drone at top tech show

Aaron Chatha
Metro | Calgary

Omar Eleryan teases a design of the drone — the final version is ready, but under wraps until its global reveal. JENNIFER FRIESEN/METRO

Drones — coming soon to a pocket on you.

Two Calgarian engineers – Omar Eleryan and Simon Czarnota — have created a camera-drone that fits inside a pocket and is controlled entirely by smartphone.

The Cleo drone has proven cool enough, that it's been invited to make its international debut at one of the biggest consumer trade shows in the world — CES (Consumer Electronics Show) 2017.

Eleryan hopes Cleo will be the first consumer-grade drone to be used widely — most drones are expensive, bulky and require a bit of practice to use them right, meaning it's usually just hobbyists and professionals buying them.

"They're large, intimating and potentially hard to fly," stated Eleryan. "Drones need to be safer, smaller and easier to use."

Instead of the usual quadcopter design, the Cleo uses a combination of helicopter and rocket technology — with two stacked blades — to achieve it's small design.

It's hooked up with a camera that shoots high definition.

"We think the possibilities of aerial photography for the masses is absolutely huge," Eleryan said. "We're very excited to see what content people come up with using a product like Cleo."

To make things as simple as possible, users can set their camera mode with the click of an app. It can shoot up to make a 360 degree video, set up a panoramic shot, fly high in the sky to get a birds-eye video of you hiking or lift off the ground just high enough to capture the perfect selfie.

Eleryan hopes users will be creating home videos and finding more creative uses for the tech.

> **We think the possibilities for the technology itself go far beyond personal photography.** Omar Eleryan

"Initially, we're going to launch a camera drone," he said.

"But we think the possibilities for the technology itself go far beyond personal photography."

Eventually, he wants the Cleo technology to break into home security and emergency response.

He envisions the drone being linked to a home alarm — if an intruder enters through a door or window, the drone will fly that way and start live streaming.

Or it can be fitted with infrared or thermal software, to help emergency responders like firefighters send the drone in, detect what rooms people are trapped in, and then know exactly where to go when they enter the building.

The main obstacle with that, however, is fitting obstacle avoidance technology in the small drone, which is a project for the future.

To find out more, visit www.cleorobotics.com.

BASEBALL

Team changes its name

A men's baseball team in central Alberta is changing its name from Indians to Trappers after years of online pressure and accusations of racism.

Team manager Desmond Bouteiller, who played for the Innisfail Indians, says he and his teammates used to wear their uniforms with pride, feeling they were honouring a group of people, not slandering them.

But Bouteiller says that his thoughts on the matter were later challenged.

He says in a blog post that the most memorable incident was when the Senior AA team stopped for lunch in Lloydminster and ended up playing in a road hockey tournament with teams of indigenous descent.

Bouteiller says he and his teammates paused when asked what their team name was.

He says there was pressure every year on Facebook to change the name, so the team's management decided that in 2017, the team would play in the Parkland Baseball League as the Trappers.

"They really should be praised, especially since they purchased all new hats just a couple of years ago and rely on a very minimal budget," Bouteiller said in an interview, adding the team is raising money to help purchase new uniforms.

"It got to the point where our players were being called 'racist' even though they had nothing to do with it."

THE CANADIAN PRESS

CALGARY HEROES Ordinary people doing extraordinary things

Called to Nepal to change lives

NOT-FOR-PROFIT

Woman brings education, sense of belonging to children in need

Jennifer Friesen
For Metro

After a 30-hour flight, a 12-hour car ride and a half hour into an uphill hike, Karen Cuthbertson made a small, but life-changing, choice.

Loaded with school supplies and solar lights, she was hiking with a group to Daya, a small village in western Nepal. Cuthbertson had a fear of heights and, part-way in, she reached a tiny ridge facing a 20-foot drop.

"I remember standing there thinking, 'I'm in the middle of nowhere, there's no option but to go across,'" she said. "That moment always reminds me that you can push yourself to do things you never thought you would."

Before Karen Cuthbertson became the executive director of Medical Mercy Canada, she and a friend started a not-for-profit to help children in Nepal. ALL PHOTOS: JENNIFER FRIESEN/FOR METRO

Mohan and Namsara, the first two orphans taken in as a part of the Gaige Children Home foundation, when they first arrived in 2012.

It's been six years since that first hike, and Cuthbertson has been changing lives in Nepal ever since.

In 2010 she and a friend, Nicole Dunsdon, formed a not-for-profit called Helping Across Nepal Development Society (HANDS). The school program connected students from Calgary to students in Nepal, and provided them with school supplies, clothing and solar lights.

Cuthbertson has returned to the village every year since, and now all of the 52 houses in the Daya have solar lighting installed. HANDS hired a teacher and provided the resources to turn a room in Daya into a nursery school for approximately 30 children.

In honour of her uncle Frederick Gaige, who spent many years working in Nepal, Cuthbertson launched the Gaige Children Home foundation. That same year, the organization gave two orphaned children a safe place to live and the chance to go to school.

Namsara and Mohan came to her team malnourished, afraid and with virtually no education, but Cuthbertson said she's watched them blossom since.

"I'm incredibly proud of them," she said. "It's just heartwarming. Namsara is 14 now, and every year she skips at least one grade. Those two have a very special place in my heart. I've watched them grow, watched their smiles grow, watched their confidence grow — they're happy now. They have the feeling of family now. They call me mom."

Cuthbertson only gets to see Namsara and Mohan once a year, but talks to them over Skype monthly. Four other children have joined them in their home since 2012, and 18 more are supported around Nepal through the organization.

Karen Cuthbertson stands with the six children, including Mohan (centre), 12, and Namsara (centre right), 14, who are supported by the Gaige Children Home foundation in March.

Just one year before her first trip to Nepal, Cuthbertson was finishing up her PhD from the University of Calgary, working with the Calgary Health Region, working on research for the Tom Baker Cancer Centre and teaching a university course.

"I loved what I was doing," she said. "But I knew there was a piece missing."

Cuthbertson has since cast away her high salary and devoted herself to humanitarian work. She joined Medical Mercy Canada (MMC) in 2013 and has since brought her two foundations under that same umbrella.

All of her work overseas is volunteer-based, and she and her fellow volunteers cover all their own travel costs and expenses.

As the executive director of MMC, Cuthbertson's work is expanding beyond Nepal and into Ukraine, Burma, India and Kenya.

"Nepal will always be my 'first child,'" she said. "But I hopefully have enough love to spread it around to other areas where life is hopeless for so many people. The least I can do is to let people know they are cared about and not alone."

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CHILD WELFARE

Parents accused of failing to get help for kids

A Calgary woman is facing a trial on charges of criminal negligence causing death and failing to provide the necessaries of life to her seven-year-old son in 2013.

Police allege that Ryan Lovett, who died after getting strep throat, was treated with alternative medicines instead of being taken to a doctor.

Here are some other criminal cases involving parents accused of failing to seek medical help for their children.

In November 2013, 14-month-old John Clark died of a staph infection complicated by malnutrition in Calgary.

Police say his family had strict dietary restrictions based on their faith and nutritional beliefs. His parents, Jennifer and Jeromie Clark, are charged with criminal negligence causing death and failing to provide the necessaries of life. The allegations have not been proven in court. A jury trial is set for next June.

In May 2013, 15-year-old Alex Radita was found dead in his Calgary home after a call to EMS. The teen weighed 37 pounds when he died of starvation and complications from untreated diabetes.

His parents, Emil and Rodica Radita, were charged with first-degree murder. Court has heard that the parents refused to accept Alex had diabetes and withheld insulin from him.

The trial and sentencing arguments have concluded. A verdict is expected early in the new year.

In March 2012, Ezekiel Stephan, who was 19 months, died in Calgary from bacterial meningitis.

His parents, David and Collet Stephan, treated him with hot peppers, garlic, onions and horseradish instead of taking him to a doctor. The couple was found guilty by a jury in April of failing to provide the necessaries of life.

THE CANADIAN PRESS

A woman whose child died of a strep infection is facing two charges in relation to the death. WIKIMEDIA COMMONS

Spotlight on alternative medicines

COURTS

Mother charged in relation to death of seven-year-old

Experts say the trial of a woman who turned to holistic medicine before the death of her seven-year-old son is likely to reignite a debate over the use of natural and alternative treatments.

Tamara Lovett, 47, is charged with failing to provide the necessaries of life and with criminal negligence causing the death of Ryan Alexander Lovett.

Ryan died in March 2013 after getting a strep infection that kept him bedridden for 10 days. An autopsy revealed the boy died as a result of a Group A streptococcus infection.

Police say the Calgary woman called for help early in the morning on March 2, 2013, fearing her son was suffering a seizure. He was pronounced dead in hospital.

They have alleged Lovett chose to treat the bacterial infection with homeopathic herbal remedies instead of taking her son to a doctor.

"In the short term, these cases may polarize the debate and lead to a further entrenchment for the true believers," said Tim Caulfield, research director of the University of Alberta's Health Law and Science Policy Group.

"However, over the long term, I am hopeful they will help the broader public debate."

Police say there's no record of the boy ever being taken to a doctor for annual checkups or any treatment.

Investigators say the woman's friends were worried about the child's health and urged her to take him to a physician.

"The cases are a very dramatic and sad statement that we should not put personal beliefs about pseudo-science over the interests and welfare of children," said Caulfield.

> **We should not put personal beliefs about pseudo-science over the interests and welfare of children.**
> Tim Caulfield

University of Calgary bioethicist Juliet Guichon said the law should go one step further and hold friends and family members accountable in a child's death.

"The legal system requires citizens to alert child welfare that a child is in danger. Citizens just have to call 911 and they can do so anonymously," she said.

"Perhaps the police will find evidence that someone had reasonable and probable grounds to believe that the child was in need of intervention and yet did not report this information. If so, then will charges be laid against that person for failing to report the child needed help?"

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Chinatown facelift requested

COMMUNITY HUB

Task force calls for new Area Redevelopment Plan in Calgary

Josie Lukey
For Metro | Calgary

The Chinatown Taskforce wants to take the City of Calgary to task.

After an information session Saturday night, the task force is asking the City to take a step backward and develop a new Area Redevelopment Plan (ARP).

The call is ahead of a Dec. 5 vote where City Council will decide to approve or table a land-use application for the corner of 1st St. SW and 3rd Ave. SW.

Currently, the area is a parking lot in Chinatown that Condor Lands Inc. is looking to develop in order to give Chinatown a face-lift.

Members of the Chinatown Taskforce said they will be marching to City Hall on Dec. 2 to "celebrate their voice in the city." CONTRIBUTED

Alice Lam and Teresa Woo-Paw of the Taskforce said they are pro-development, but have already been working on the developments for two years and still feel they haven't been treated fairly by the City.

"Let's take a step back before we approve or refuse any sort of application," said Lam.

"Lets just take a step back and meet together as a community and decide what do we want to see for the future of this community before we make a decision on an application that could drastically change the look and feel of Chinatown."

> "Lets just take a step back and meet together as a community and decide what do we want to see for the future. Alice Lam

Councillor Druh Farrell said that although a new ARP will not be completed by Dec. 5 — a form of it will be.

"I know there are some groups that want a development freeze until an ARP is done but that means we won't see development for at least three years and that's not healthy." said Farrell.

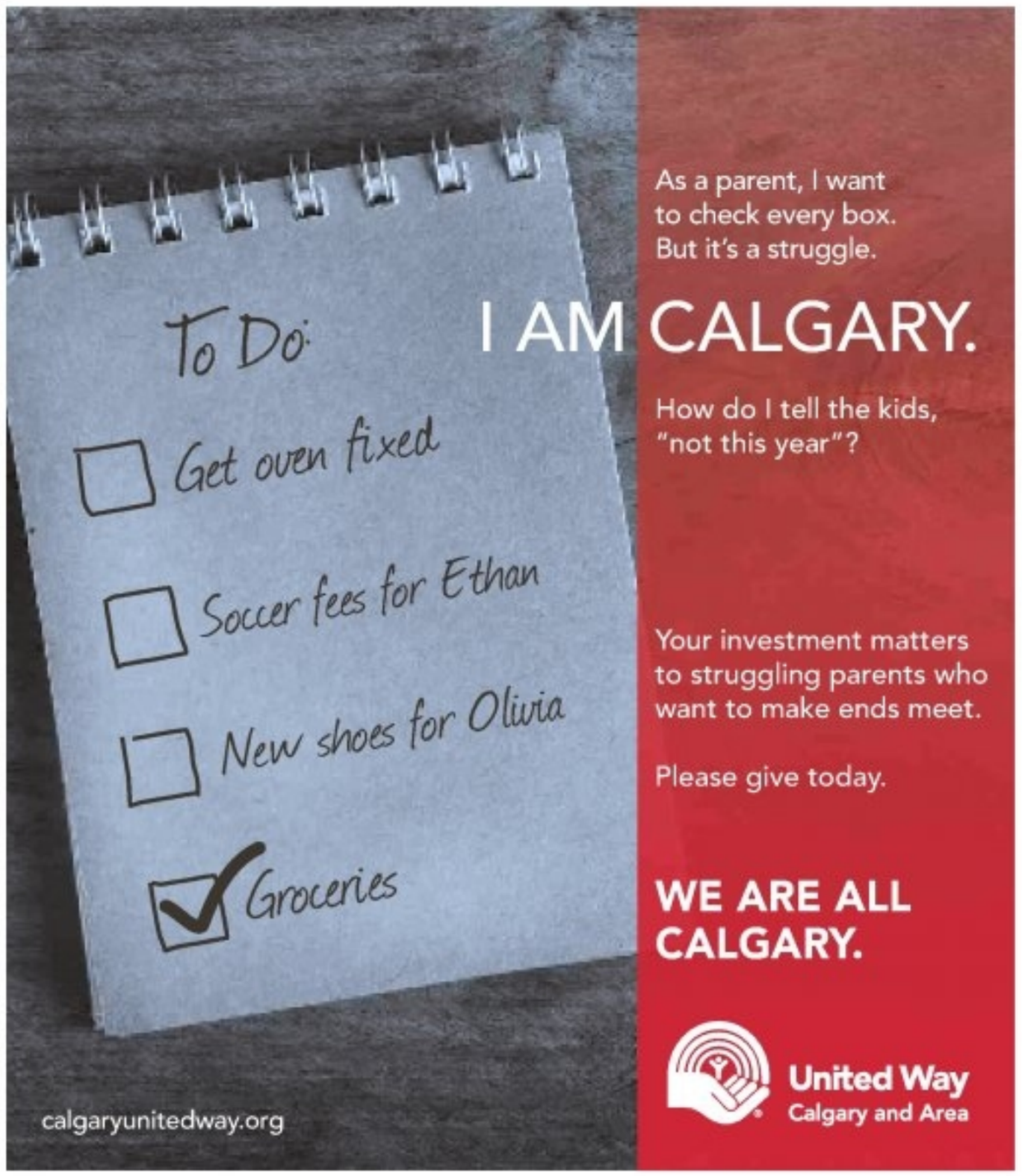
Farrell said although ARPs generally take two to three years to complete, she will be urging other councillors to support a new ARP.

According to Farrell, the current ARP for Chinatown doesn't require the City to take into account an "Asian" cadence.

Farrell said that will be included in the recommendations presented to council on Dec. 5.

RALLY

- Alice Lam and Teresa Woo-Paw want to take things a step further ahead of city council's vote on Dec. 5.
- On Dec. 2, supporters of Chinatown will be marching to City Hall at noon in order to signify "their voice in the city, their importance in the community, and to ensure that Chinatown's unique place as a cultural jewel in Calgary is preserved."



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Indigenous youth share their stories

VULNERABLE

Documentary shows similar experiences

Elizabeth Cameron
For Metro | Calgary

A new documentary which screened this weekend in Calgary examines the practice of removing indigenous children from their families.

(Dis)placed is not about the residential school system — it's about the experiences of indigenous youth placed in the child welfare system.

Indigenous children are often removed from their family's care because of poverty, inadequate housing, or caregiver substance abuse related to residential schools.

The documentary gives several indigenous youth a platform to speak about their experiences in the child welfare system, and how those experiences continue to impact their lives.

Tyler Blackface is one of the youth featured in (Dis) placed, directed by Melisa Brittain.

Blackface was placed in foster care when he was three, due to his birth parent's struggles with alcohol.

Now 24, Blackface has a young daughter who is the centre of his life.

"Sobriety plays a big part in my life because of my daughter. I don't want her to go through the same thing (that I did) in care," Blackface said.

There are three times as many First Nations children in child welfare care in Canada today, compared to the height of residential school enrolment, according to a report by the Canadian Incidence Study of Reported Child Abuse and Neglect.

Tia Ledesma speaks at a panel discussion after the Calgary screening of (Dis)placed. ELIZABETH CAMERON/FOR METRO

> It's the same tragedy unfolding, and it's totally unnecessary.
> Dr. Cindy Blackstock

"The way the government interacts with the child welfare system is very similar to the residential school period," said Dr. Cindy Blackstock, an advocate for First Nations children with an extensive background in social work, and founder of the First Nations Child & Family Caring Society of Canada.

Blackstock spoke about the overrepresentation of First Nations children in Canada's child welfare systems at a panel discussion after the screening.

Blackstock remembers hearing similar stories to those shared in (Dis)placed while she was working as a social worker in the 1980's.

"It's the same tragedy unfolding, and it's totally unnecessary," Blackstock said.

She said she has a lot of hope for the future, if stories continue to be shared and people become more aware of these issues.

"My greatest hope lies with mainstream Canadians, and the First Nations youth themselves," she said.

"I think the average person on the street is starting to open their eyes to this, and realize that First Nations children are getting less on reserves than every other child in the country when it comes to education, health care, water, and housing."

Blackstock said films like (Dis)placed help people connect with the problem on a personal level.

"It humanizes the struggle (of these young people), and makes it harder to turn away from."

IN BRIEF

Local Cuban-Canadian reacts to Castro's death

Marcos Ravelo was celebrating a friend's birthday when he heard Fidel Castro had passed away.

"Everybody was like a stone, we were shocked." said Ravelo, who was born in Havana, Cuba and moved to Canada in 2001, adding he has mixed feelings about the former president's passing.

Ravelo said he still has family living in Cuba, who have said despite Castro's death, nothing in the country will change.

JOSIE LUKEY/FOR METRO CALGARY

Woman stable after being shot in the chest

Calgary Police Service (CPS) got a call about a shooting at about 9:30 p.m. Saturday night and found a woman suffering a gunshot wound to the chest.

They found her in the 1900 block of 30th St. SE, and transported her to hospital in life-threatening condition. Sunday morning, police were investigating at the home were she was shot.

CPS said the investigation is ongoing and those found at the residence are being cooperative. METRO

Police arrest suspect after tipoff from citizen

A Medicine Hat Man wanted in connection with the alleged sexual assault of a cab driver in that city was arrested Sunday in Calgary.

Police say a witness who had seen a media release about Shawn Thomas Baldhead, 24, recognized him getting on a bus. The witness called police.

CPS arrested Baldhead near the Alberta Children's Hospital. METRO

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Cuddles to grow on

BABIES

Best volunteer job ever: Giving newborns hugs at hospital

Elizabeth Cameron
For Metro | Calgary

Lucette Little, volunteer baby cuddler, holds tiny Leo Lauinger at the South Health Campus' NICU in Calgary.
JENNIFER FRIESEN/FOR METRO

3.3 lb.
(1500 grams) Babies born weighing less than this are taken of in the Red Zone

Lucette Little has been a baby cuddler at the South Health Campus (SHC) for the past two years. Once a week, for three hours, Little holds babies who are staying at the Neonatal Care Unit (NICU).

"I would say the word is heaven," Little said, describing her responsibilities as a baby cuddler.

The cuddlers are there to hold babies in the NICU when their parents cannot. The program was established to provide parents with some peace of mind, and assist with the physiological development of premature infants.

Scott Lauinger's first child, Leo, arrived unexpectedly, at just 32 weeks. Born three pounds and 14 ounces, Leo has been staying at the NICU for the past two weeks.

"Your first baby being in the NICU – it's so stressful. But the cuddlers have created an atmosphere of comfort," Lauinger said.

Lauinger said it's important to himself and his wife to know that when they can't be there, a volunteer baby cuddler is.

"We don't feel as guilty when we have to leave Leo in the unit by himself, with a whole bunch of noises and machines around," Lauinger said. Leo has been getting stronger every day, which Lauinger attributes in part to the constant human touch his baby has received.

"We've noticed a significant difference in his development, it's phenomenal," he said.

"By allowing him to be held all the time, we've noticed it's helped him push through the 'red zone'. I really see that he's getting better quicker."

5
Total Neonatal Care Units in Calgary, at Alberta Children's Hospital, Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital, and the South Health Campus

Little's own grandson was in the NICU at Foothills Hospital, 14 years ago. She said at the time, her daughter and son-in-law felt anxious about not being able to stay with their baby around the clock.

Her grandson grew up to be healthy and strong, which she said was helped in part by the compassionate care he received at the NICU.

That experience is what inspired her to volunteer as a baby cuddler.

"For all I was given, I thought it was my turn to give back," Little said. She said she talks with parents at the SHC before holding their baby, and often hears the same anxiety her family felt many years ago.

"I try to reassure (the parents) that babies are resilient," Little said, adding that the program is just as good for the often stressed-out parents as it is for the babies.

"I just enjoy holding the little ones so much," she said..

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Golf course plan angers residents

PROPERTY

Hamptons land slated for redevelopment

Brodie Thomas
Metro | Calgary

Residents in the Hamptons made it clear during a meeting earlier this month that they are still opposed to a plan to redevelop golf course land.

Windmill Golf Group is proposing to build 68 new homes on two sections of the golf course. Two holes on the green will be given up for housing, and the golf course will be reconfigured to still have 18 holes.

At least two other Calgary golf courses are up for housing development, but in those cases the developers want to eliminate the courses altogether.

Vince Amabile is one of the Hamptons residents whose home backs onto land slated for development.

He said it feels unfair since he has caveats placed on his backyard, which prevent him from doing things such as adding an awning to his home, or even leaving his barbecue uncovered.

"Now the golf course can just redevelop in front of me and I can't say anything about it," said Amabile, who called it a complete double standard.

Calls to Windmill Golf Group were not returned by deadline.

Mark Seland, the newly elected president of the Hamptons Community Association and Residents' Association, said it's not just the people who have property bordering the proposed development who oppose it.

"It's not a board or a core group of residents — it's the community," he said.

He said even though an 18-hole golf course would remain if the development was approved, residents still have concern.

Seland said the community's K-4 elementary school is already over capacity, and he has questions about how stormwater would be handled, based on the community's initial design.

Coun. Joe Magliocca was at the AGM of the Hamptons Community Association and Residents' Association. Seland said residents did not hold back in voicing their concerns to Magliocca.

The councillor, who said he is himself a resident of the Hamptons, has to remain neutral on the matter.

"It's private property," said Magliocca. "They have all the right in the world to go ahead and look for a land use change, and that's their right as a private owner."

> **It's not a board or a core group of residents — it's the community.**
> Mark Seland on those who oppose the proposal

Although the Hamptons will still have a golf course if the proposed development goes ahead, residents are opposed to the loss of green space. ELIZABETH CAMERON/FOR METRO

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Festival showcases a creative SPARK

EVENTS

Artists with disabilities explore their unique worlds

Josie Lukey
For Metro | Calgary

It all started with a spark.

That's according to Colin Menzies, co-producer of SPARK Festival which showcases emerging and professional artists with developmental, physical and sensory disabilities.

According to Menzies, SPARK is uniquely committed to building the capacity of artists with developmental disabilities where artists are encouraged to explore their own unique interpretations of the disability experience. Menzies said the festival opens up a dialogue in the city to openly discuss disabilities.

"I think we're so bombarded with cliches and stereotypes that for me personally it's about seeing talent for this festival, it's about seeing the creativity and the immense talent that exists in these artists," he said.

This year's festival runs from Nov. 28 to Dec. 6 in six venues across Calgary which feature juried exhibitions, satellite art shows and public presentations.

> We're so bombarded with cliches and stereotypes that for me personally it's about seeing talent for this festival, it's about seeing the creativity. Colin Menzies

One of those events features local visual artist Shawn Belanger who was diagnosed with autism when he was five years old. He was told he would never have the functional use of a pencil. Now specializing in inks at 31, Belanger will be showcasing his works in an exhibit called "The Way I See It," on Dec. 2.

For Menzies though, breaking the stigma of disabilities is what the festival is all about.

"It's not 'oh that's great art for somebody that has a disability,'" said Menzies. "It's great art."

SPARK artwork is available for purchase by contacting In-Definite Arts or Studio-C. For more information including descriptions of events and showtimes, visit indefinitearts.com/exhibitions-spark.php.

Shawn Belanger has exhibited his art in five countries and has been featured in two books about artists with autism. CONTRIBUTED

ADVERTISING FEATURE

Are headaches Controlling your life?

If You're Female, Over 25 And Suffer With Migraines - These Are The Facts You Must Know

Living with headaches is tough.

Day after day of being miserable, irritable, and looking a lot older than you really are. The frustration of knowing that your friends and family don't understand what you're going through.

Add this to doctors' visits, MRI's and CT scans -- which only come back with "normal" results.

And that's not all… trying one medication after another, feeling like you're on a merry-go-round of drugs.

IF YOU DO NOTHING ELSE, READ THIS:

1) Approximately 24 million women are affected by migraines in the Canada and the US.

2) Medical science has discovered that most headaches (about 85%) are caused by damaged structures around the neck like joints, ligaments, muscles, and cervical discs, all of which have complex nerve endings.

3) Research has proven certain natural treatments have great success with headaches – even better than massage and medications – and with no side effects.

.....Why not get rid of those debilitating headaches today? Read the full facts on this page!

All this is enough to make anyone want to scream!

My name is Dr. Jack Kucheran, and I've been helping patients with tension, cluster, and migraines headaches live pain free for years now.

Every week I hear how women suffer from severe headaches – statements like…

•"I feel like my head is in a vice."
•"My eyes hurt and I feel so drowsy."
•"I have to lie down."
•"I've had migraines since childhood."
•"Muscle tension in the neck and pain into the shoulders."

They tell me they're sick and tired of jumping from one headache medication to the next. Here's what I hear…

"I am tired of being looked upon as someone who is only out there to get medicine. I only want RELIEF. I don't know why that is so hard for people to understand. I don't want to be treated badly anymore. I want to get help, and I want to get rid of the headaches."

Imagine being able to live life like a normal person again, pain free and without headaches -- being able to play with your kids, enjoy time with friends, and not have to worry that your headache will hit you at just the wrong time.

I'm running a special 30-day offer for those suffering with headaches. Until December 22nd, $49 will get you all the services normally valued at over $105!!

Why would I practically give away my services? Because patients tell me too often…

"I only wished I had found you sooner"

This happens so often, I decided to do something about it and run this ad. Just call before December 22nd and here's what you'll get…

•An in-depth consultation about your headaches where I will listen…really listen… to the details of your unique situation.

•A complete neuromuscular and skeletal examination of the head and neck so we can find the problem.

•A full set of specialized x-rays to determine if posture or joint problem is contributing to your pain … (NOTE: These alone would normally cost at least $150).

•A thorough analysis of your exam and x-rays where we'll map out how you can get rid of your headaches once and for all.

•A special report complimenting your recommendations that reveals the foods you should never, ever eat when suffering from chronic headaches.

Could This Drugless Treatment Be Your Headache Solution Too?

Numerous studies have shown the benefits of spinal adjustments alone for headache patients. We also use functional neurology protocols with a very specialized electro laser system, and an SSEP Nerve Stimulator to affect specific brain pathways which has been shown to dramatically improve results.

The Boline Study
This study compared two groups of headache patients, half went for chiropractic adjustments, the other half took amitriptyline, a medication often prescribed for the treatment of severe tension headache pain. After six weeks, researchers found that chiropractic patients experienced almost no side effects. And only the chiropractic patients continued to report fewer headaches when treatment ended.

The Duke Study
Medical experts concluded that spinal manipulations resulted in almost immediate improvement for headaches. Patients also had significantly fewer side effects and longer-lasting relief of headaches than a commonly prescribed medication.

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No question… if you are having headaches then something is wrong. Pain is your body's way of telling you something is wrong. Finding the problem and fixing it has got to be top priority! Call today! Phone **403-291-0603**

Call anytime between the hours of 8:00 am and 6:00 pm Monday through Thursday. Tell the receptionist you'd like to come in for the Special Headache Evaluation before December 22nd.

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That's no way to live, not when there could be an easy solution to your problem. Many of the pain medications available are quite addicting and can have drastic side effects.

Call today. I may be able to help you live a normal, pain-free life again. Call **403-291-0603.**

We all scream for education

ONTARIO

Ice cream company fights to save school

A Canadian ice cream company based in a small Ontario town is trying to keep the single school in its community open amid dozens of proposed closures provincewide — but some are cautioning against private intervention in public schools.

Schools like the Beavercrest Community elementary school in Markdale, Ont. — about 150 kilometres north of Toronto —are slated for closure across Ontario as school boards grapple with declining enrolment and less funding.

"It really means a lot to our community to have an elementary school," said Chapman's Ice Cream vice-president Ashley Chapman, who attended Beavercrest when he was a kid. "It's about the students in Beavercrest: all 200 of them being shuffled up and sent to the other schools in the area."

Aidan Shropshire, 7, sister Kendra, 2, and parents Shannon and Matt at Beavercrest school.
WILLY WATERTON/THE CANADIAN PRESS

Chapman noted that about 25 per cent of students at the elementary school are his employees' children.

One of those students is Aidan Shropshire, in Grade 2, whose father works for Chapman's.

Shannon Shropshire said her son is loving and bright — gets straight As and Bs — and is into electronics. But he also has autism, and Shropshire said she's worried her son may not be able to adapt to the changes that would come with a closure of Beavercrest.

> **He's already having anxiety about the school closing.**
> Shannon Shropshire

"He'll have to go to a new town where nobody knows him," she said. "He's already having anxiety about the school closing. This is a child who doesn't like any kind of change."

Chapman said he wants to help children like Aidan.

Initially, he suggested his ice cream company buy the Beavercrest school and lease it back to the school board. But he later learned the process involves the board declaring the school to be surplus property, which then triggers a 180-day consultation period before private companies can bid on the building.

"Going forward, it makes it next to impossible for the ministry to justify building a new school in the area, simply because we've already told them that we don't need a school in the area," he explained.

THE CANADIAN PRESS

STANDING ROCK

Healer aims to return

Ameya Charnalia
For Metro | Edmonton

Taz Bouchier

Taz Bouchier was in Standing Rock earlier this month and ran healing ceremonies for protesters, both indigenous and non-indigenous, that often ended in tears.

"To be there in their time of need, I was overwhelmed initially with the amount of trauma that I was able to witness in the various people," said Bouchier, an indigenous elder who was a social worker for several years in Edmonton.

Bouchier is now raising money to go back to Standing Rock, and says her work there is more important than ever.

The Standing Rock Sioux Tribe invited Bouchier this month to provide trauma counselling for the young people protesting the Dakota Access Pipeline.

Jessica Taylor works as a babysitter and makes $15 an hour. EDUARDO LIMA/METRO

CHILD CARE

Good pay gets good sitters

Genna Buck
Metro | Toronto

At age 10, Jessica Taylor took a babysitting course and started watching neighbourhood kids for $5 or $6 an hour.

That was then. Now the 29-year-old University of Toronto student is helping to put herself through school by babysitting 15 hours a week at $15 an hour.

That's about $900 a month.

Casual babysitting sessions in private homes were once considered an odd job, like lawn mowing. Now, especially in expensive cities such as Toronto, caregivers are increasingly professional and well-paid.

Dozens of babysitters across Toronto that Metro surveyed on social media said they command anywhere from $12 an hour up to $20, with additional qualifications such as first-aid and CPR training or an early-childhood education diploma (Taylor has neither).

It's hard to name another job that has seen that kind of wage growth in the past 20 years.

Taylor manages her work schedule using DateNight, one of several Uber-like apps that match babysitters with families in exchange for a small cut of their fees. She gets far more requests than she can handle.

"Expectations are high in general when you're paying somebody to take care of your children," Taylor said, adding that she regularly picks children up from school, plans activities and crafts, and always makes sure parents come home to a tidy house.

She mostly works within her own neighbourhood, Liberty Village, for upper-middle-class families with young kids.

Guy Nelson, president of Dynamic Attractions, climbs up a ladder on a section of an amusement park ride undergoing testing, in Port Coquitlam, B.C. THE CANADIAN PRESS

B.C. firm designs top park rides

MANUFACTURING

Telescope maker turned focus to park attractions

Every day, thousands of thrill-seekers around the globe strap themselves into amusement park rides and are taken on a multimedia adventure, whether coming face to face with a fire-breathing dragon, flying on a wizard's broomstick or perhaps soaring over the wonders of the world.

The technology that makes many of these experiences possible can be traced to a company headquartered in suburban Vancouver, little known outside the industry, that is quickly making a name for itself as a premier builder of some of the most popular and sophisticated rides on the planet.

Since 2011, Dynamic has leveraged its longtime expertise in steel fabrication and the precision-engineering of high-end telescopes to work alongside Disney, Universal Studios and other theme park owners to create everything from the Harry Potter rides to the popular flying theatres.

Dynamic's facilities are a hive of activity. The grounds include steel fabrication shops and several custom-built hangers, one of which houses a section of roller-coaster track that pivots up and down atop a five-storey triangular structure. It's called a tilt-and-drop and resembles a futuristic version of a medieval catapult.

The company has changed dramatically since its inception as a steel fabricator 90 years ago.

Dynamic was established in Vancouver in 1926, but by the late 20th century it had carved out a niche in high-precision engineering for products such as telescopes.

In the late 20th century, the company got a foothold in the amusement park market when a former collaborator who had gone on to work for Disney reached out for help troubleshooting one of its attractions.

Fast-forward to today and the company has more than 50 rides operating around the world and many more in the works.

Guy Nelson, Dynamic's president and CEO, bought the company in 2007 and oversaw its transition to designing theme park attractions. The company's background with telescopes made the switch a logical one, he said. THE CANADIAN PRESS

PROJECTS

Dynamic is in the process of creating media-based attractions for the inaugural 20th Century Fox World in Malaysia, for Ferrari World in the United Arab Emirates and for an outer space-themed amusement park in Hangzhou, China.

LOBSTER HUNT

Blustery weather docks Dumping Day

On the last Monday of November, lobster fishers sail into the sunrise peeking over the waters off southern Nova Scotia, boats teeming with stacks of cages, coiled lines and buoys inscribed with permanent marker.

They call it Dumping Day — the seasonal kickoff to the crustacean catch in what is widely considered to be the most lucrative lobster regions in the country.

This year, around 1,700 boats are set to steam off for favoured fishing grounds, trailed by trawls of up to 15 traps strung together like Christmas lights that sink to seabed in their wake.

Come Monday, however, the fleet of ships may float idly in their ports as the decades-old tradition is expected to be docked — at least for 24 hours — by blustery forecasts.

Safety is of the utmost importance to today's lobster fishers.

And safety holds special significance for old-timers to whom the precautionary measures are a mournful reminder of sailors who paid the ultimate price in pursuit of Canada's most valuable sea-dwelling commodity.

"We try to make Dumping Day safe as we can," says longtime lobsterman Ashton Spinney. "Still, there's danger ... Unforeseen accidents happen."

Canada's billion-dollar lobster business remains the most lucrative fishery the country and a crucial economic engine on the East Coast, employing about 30,000 harvesters in the Atlantic provinces.

Spinney, who is coming up on his 60th Dumping Day, says in his early years, fishers would set out to sea in up to 130 kilometre per hour winds, restricted only by time and nautical nerve. He says the rules have since changed to allow boats to set sail only if the weather permits safe travel.

THE CANADIAN PRESS

Thousands flee oncoming assault

ALEPPO

Syrian, Kurdish forces advance on divided town

Displaced families arrive at a makeshift camp in the government-held district of Jibreen in Aleppo. AFP/GETTY IMAGES

Simultaneous advances by Syrian government and Kurdish-led forces into eastern Aleppo on Sunday set off a tide of displacement inside the divided city, with thousands of residents evacuating their premises, and threatened to cleave the opposition's enclave.

Rebel defences collapsed as government forces pushed into the city's Sakhour neighbourhood, coming within one kilometre (0.6 miles) of commanding a corridor in eastern Aleppo for the first time since rebels swept into the city in 2012, according to Syrian state media and the Syrian Observatory for Human Rights monitoring group.

Kurdish-led forces operating autonomously of the rebels and the government meanwhile seized the Bustan al-Basha neighbourhood, allowing thousands of civilians to flee the decimated district to the predominantly Kurdish Sheikh Maqsoud, in the city's north, according to Ahmad Hiso Araj, an official with the Syrian Democratic Forces.

The government's push, backed by thousands of Shiite militia fighters from Lebanon, Iraq, and Iran, and under the occasional cover of the Russian air force, has laid waste to Aleppo's eastern neighbourhoods.

An estimated quarter-million people are trapped in wretched conditions in the city's rebel-held eastern districts since the government sealed its siege of the enclave in late August. Food supplies are running perilously low, the UN warned Thursday, and a relentless air assault by government forces has damaged or destroyed every hospital in the area.

THE ASSOCIATED PRESS

NEW DELHI ROCKING THE RAINBOW ROAD Indian members and supporters of the lesbian, gay, bisexual, transgender (LGBT) community take part in a pride parade in New Delhi on Sunday. Hundreds of members of the LGBT community marched through the Indian capital for the ninth annual Delhi Queer Pride Parade. AFP/GETTY IMAGES

NEW ORLEANS

10 shot, one dead in bustling French Quarter

Police had already increased patrols in New Orleans' French Quarter before gunfire erupted Sunday, leaving one man dead and nine others wounded.

Police said none of the victims was an intended target after two men began arguing and shooting, with investigators continuing the search Sunday for suspects.

"We will find them. And we will go to the ends of the earth to make sure that we bring them to justice," Mayor Mitch Landrieu said.

THE ASSOCIATED PRESS

U.S. ELECTION

Trump blasts recount efforts

In a reprise of campaign-season rancour, Donald Trump and his lieutenants are assailing an effort — now joined by Hillary Clinton — to recount votes in up to three battleground states, calling the push fraudulent, the work of "crybabies" and, in the president-elect's estimation, "sad."

Trump on Sunday tweeted part of Clinton's concession speech, when she told supporters they must accept that "Donald Trump is going to be our president," and snippets from her debate remarks, when she denounced the Republican nominee for refusing to say in advance that he would accept the Election Day verdict.

This came on top of his saying it was a "scam" that Green Party nominee Jill Stein was revisiting the vote count in Wisconsin, Michigan and Pennsylvania. THE ASSOCIATED PRESS

Donald Trump THE ASSOCIATED PRESS

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A new day dawns in Cuba

CARIBBEAN

Death of Fidel Castro, 90, elicits grief, hope, doubts

His words and image had filled schoolbooks, airwaves and newspapers since before many of them were born. Now Cubans must face life without Fidel Castro, the leader who guided their island to both greater social equality and years of economic ruin.

Across a hushed capital, people wept in the streets on Saturday as news of the 90-year-old revolutionary's death spread. While many mourned, others privately expressed hope that Castro's passing will allow Cuba to move faster toward a more open, prosperous future under his younger brother, President Raul Castro.

In his twilight years Fidel Castro largely refrained from offering his opinions publicly on domestic issues, lending tacit backing to his brother's free-market reforms. But the older Castro surged back onto the public stage twice this year — critiquing President Barack Obama's historic March visit to Cuba and proclaiming in April that communism was "a great step forward in the fight against colonialism and its inseparable companion, imperialism."

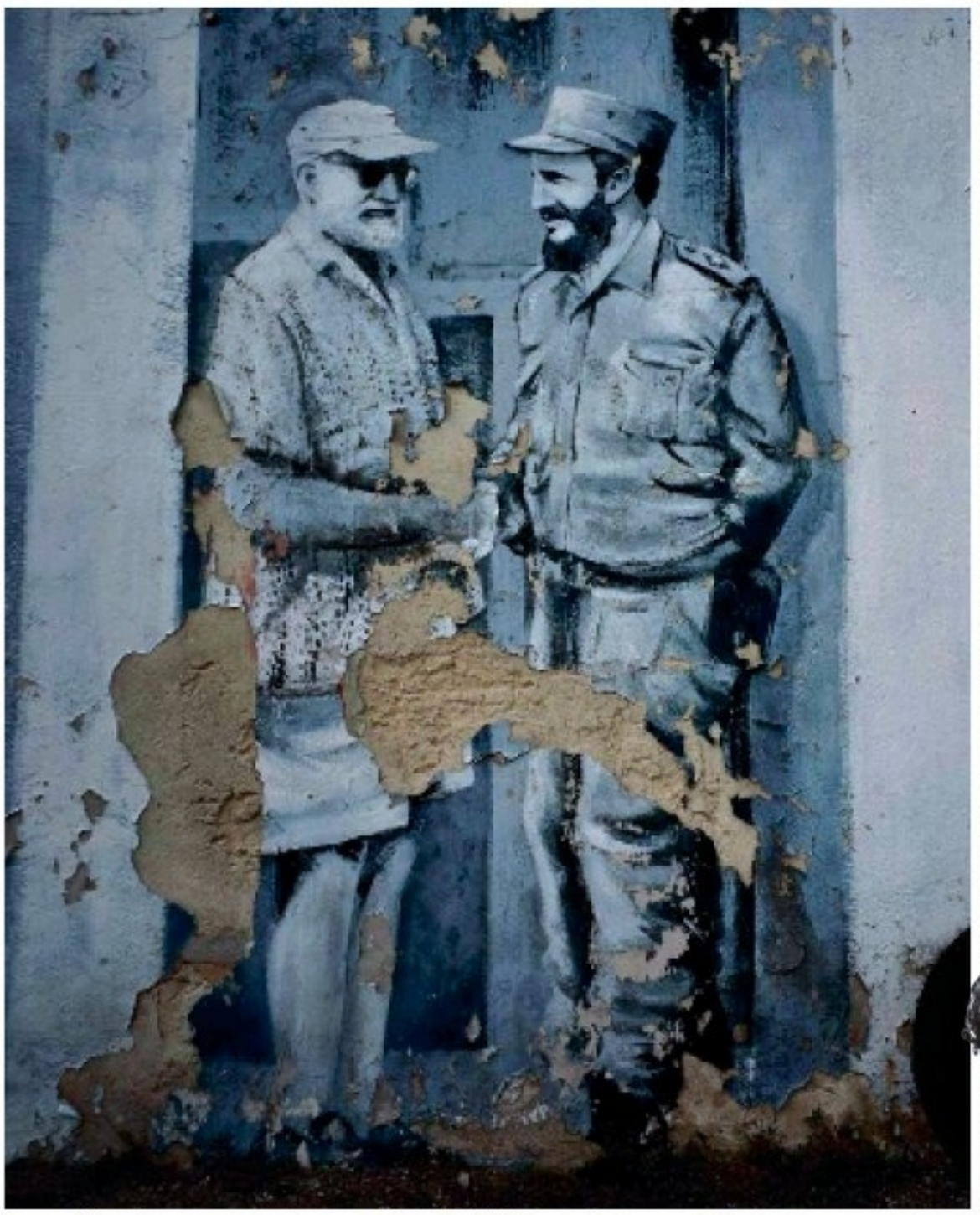
Ailing and without any overt political power, the 90-year-old revolutionary icon became for some a symbol of resistance to his younger sibling's diplomatic and economic openings. For many other Cubans, however, Fidel Castro was fading into history, increasingly at a remove from the passions that long cast him as either messianic saviour or maniacal strongman.

On Saturday, many Cubans on the island described Fidel Castro as a towering figure who brought Cuba free health care, education and true independence from the United States, while saddling the country with an ossified political and economic system that has left streets and buildings crumbling and young, educated elites fleeing in search of greater prosperity abroad.

> **Fidel was a father for everyone in my generation.**
> Jorge Luis Hernandez

"Fidel was a father for everyone in my generation," said Jorge Luis Hernandez, a 45-year-old electrician. "I hope that we keep moving forward because we are truly a great, strong, intelligent people."

For Cubans off the island, Castro's death was cause for celebration. In Miami, the heart of the Cuban diaspora, thousands of people banged pots with spoons, and waved Cuban and U.S. flags in the air. THE ASSOCIATED PRESS



A mural showing Ernest Hemingway, left, with Fidel Castro in Havana, Cuba. THE ASSOCIATED PRESS

REACTION

Trudeau: Castro was a dictator

Justin Trudeau has come under harsh criticism at home for a statement he issued shortly after learning that Fidel Castro had died.

The statement, made in Africa on a trip with a human rights message, praised the legacy of the former Cuban president.

"He certainly was a polarizing figure and there certainly were significant concerns around human rights," Trudeau said on Sunday. Asked directly whether he thought Castro was a dictator, Trudeau said: "Yes."

The Liberal prime minister is facing criticism at home and abroad for a statement he issued shortly after learning that Castro had died at the age of 90.

The statement expressed his "deep sorrow" about the death of Castro, without mentioning the human rights violations of his regime beyond referring vaguely to him as a "a controversial figure."

Trudeau also referred to him as a "legendary revolutionary and orator," who made significant improvements to the education and health-care systems of Cuba. "I know my father was very proud to call him a friend," Trudeau also said in his statement. THE CANADIAN PRESS

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Japan trying to save pact

TRANS-PACIFIC PARTNERSHIP

Rebuffs bid by Canada to revive bilateral trade talks

Japan wants Canada to join the fight against rising American protectionism, but that doesn't extend to reviving its own direct trade talks with Canada, the Japanese ambassador has said.

Envoy Kenjiro Monji said Japan is still determined to save the 12-country Trans-Pacific Partnership, despite president-elect Donald Trump's vow to take the United States out of it. Japan hopes that Trump can still be persuaded to back off from his opposition to TPP before his Jan. 20 inauguration.

Japan and Canada hoped to deepen their economic ties through their joint membership in the massive Pacific Rim trade deal that would have brought together 40 per cent of the world's economy.

Canada has for years set its sights on increasing trade with Japan, the world's third-largest economy, but the two countries set aside work on a bilateral trade agreement in 2014 as the TPP talks progressed.

But Trump's declaration this last week that he will begin the U.S. withdrawal from the TPP on Day 1 of his presidency appears to have killed the pact, because the U.S. accounts for more than half of the GDP of its 12 members.

TPP's rules dictate that the deal can't go ahead unless it has the backing of countries making up 85 per cent of the pact's GDP — simple arithmetic that effectively gives the U.S. and Japan the power to kill it.

Despite that, Monji said the agreement is not officially dead and, until it is, reviving talks in the Canada-Japan Economic Partnership Agreement could send the wrong signal to Trump.

"We are not forgetting the bilateral Economic Partnership Agreement," Monji said in an interview. "It's not the right timing to talk about bilaterals."

Canada and Japan held seven rounds of two-way trade talks between 2012 and 2014. Leaked government documents obtained by The Canadian Press showed that Japan rebuffed Canadian requests for an eighth round in 2015.

Prime Minister Shinzo Abe has said the TPP is "meaningless" without the U.S. However, the Japanese leader has spent much domestic political capital to win support for the deal, so any outright abandonment of the deal would be a major setback for him.

Chrystia Freeland, Canada's international trade minister, has said there's no way the TPP can come into force without the U.S.

THE CANADIAN PRESS

Japan's Prime Minister Shinzo Abe says the TPP is "meaningless" without the U.S. AFP/GETTY IMAGES

> **It's not the right timing to talk about bilaterals.**
> Kenjiro Monji

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INDIGENOUS ISSUES

Top court to hear landmark cases

Experts say two cases coming before the Supreme Court this week could become landmarks in defining how Canada regulates industrial activity on indigenous lands.

But for Jerry Natanine of Clyde River, Nunavut — one of two indigenous communities that will ask the top court to overturn National Energy Board permits — the issue is a lot more visceral. "The animals that we live off are in danger and, because of that, we feel our lives are at stake."

Clyde River is to ask the court Wednesday to overturn a permit for a Norwegian consortium to do seismic testing in Baffin Bay. Locals say that would kill or drive away the animals they depend on, a position widely shared across Nunavut.

The Chippewas of the Thames have similar concerns in a case that is to be heard together with Clyde River's. They want the court to overturn a permit given to Enbridge to reverse and expand the flow of the Line 9 pipeline.

In both cases, Ottawa argues the board was qualified to stand in for the Crown and indigenous groups had plenty of opportunity to get information and express their concerns. In a verdict the two suits are seeking to overturn, the Federal Court of Appeal sided with the government. THE CANADIAN PRESS

Two cases before the **Supreme Court** could define how industrial activity on indigenous lands is regulated. THE CANADIAN PRESS

WIRELESS

Uphill battle for Freedom

The company formerly known as Wind Mobile started rolling out its new high-speed wireless network in Toronto and Vancouver on Sunday, as part of an incremental effort to compete better with the country's Big Three wireless providers.

But some industry watchers say the rebranded Freedom Mobile, which was acquired by Shaw in a deal that closed in March, is unlikely to make a big difference immediately.

In theory, Freedom's beefed-up LTE network, an upgrade from its third-generation platform, should increase competition, said Marc-David L. Seidel, a professor at the University of British Columbia's Sauder School of Business.

But its restricted launch isn't a competitive entrance, he said.

Another major hitch, he added, is that the company's network coverage isn't as robust as that of the Big Three telecommunications companies, Rogers, Telus and Bell. It's also weaker than these rivals' flanker brands, the less expensive Fido, Koodo and Virgin, respectively.

New hardware requirements may be another impediment to Freedom's price-sensitive customers considering an upgrade to its new high-speed network, said Seidel. Existing customers will need one of two smartphones to able to access it, and they'll likely have to pay a higher price point than with their current 3G plans.

Fred Lazar at York University's Schulich School of Business in Toronto believes Shaw is well-positioned to become a fourth major player in the markets it services as it's bound to attract individual customers, as well as small and mid-size businesses looking for less expensive, high-speed plans.

THE CANADIAN PRESS

IN BRIEF

Nostalgic customers push sales of L.L. Bean's boots

L.L. Bean is kicking it up a notch as demand continues to surge for its iconic boot. Annual sales have grown from fewer than 100,000 a decade ago to more than 600,000 this year. The company expects to top 700,000 next year.

A combination of form, function and nostalgia is behind the demand, said Willie Lambert, Bean's merchandising manager for footwear.

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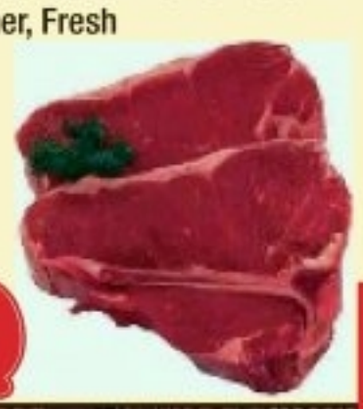

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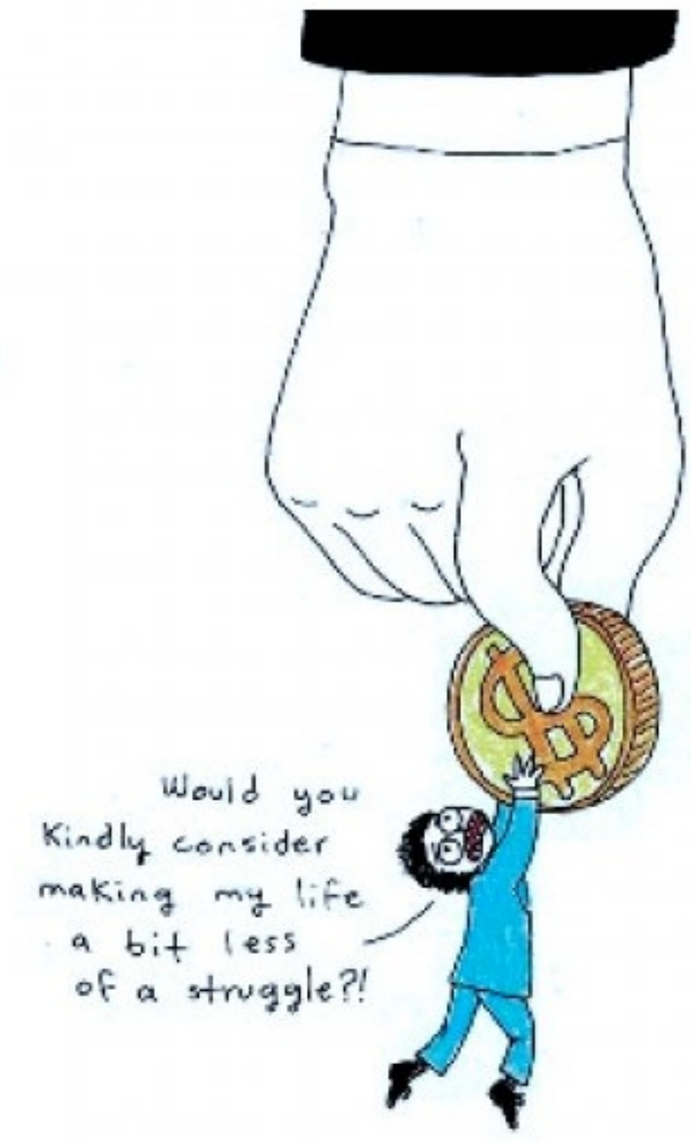
Monday, November 28, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I believe strongly that I deserve a raise. What's the best way to ask my boss for one?



© Ani Castillo

Dear Ellen,

I would like to know the best way how to ask to increase my salary and how to tell my boss that slavery is over? The guy before me was paid twice as much, did not do half the work I do, and quit in six months. I am in this job two years and my boss is pushing too much about my duties, and extra work.

Signed,

Hard-Working Guy

Dear Hard-Working guy,

I can tell you with 100 per cent assurance that the "best way to ask" is politely. And I can dole out politeness advice that is easy to give and easy to follow:

1. Do your boss the courtesy of making an appointment ahead of time instead of carrying out an ambush, which will backfire in any case.
2. Show up on time ready to present your case —and looking suitably
3. presentable.
4. Come prepared: Figure out exactly what you want, and why you deserve it. Note that whining about unfairness, or what the other guy made, is not relevant. What's relevant is what you do for the company now, and how valuable your contribution is, in detail.
5. Jot those details down in case you lose your nerve, or your voice, or your mind,
6. in the meeting.
7. Listen politely to whatever your boss has to say to you about your request.
8. Regardless of whether you get the raise or not, say thank you and leave.

You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

Now that we've covered the etiquette, let's get to your real question, which is: *How do I get this cheap b— to pay me what I deserve?*

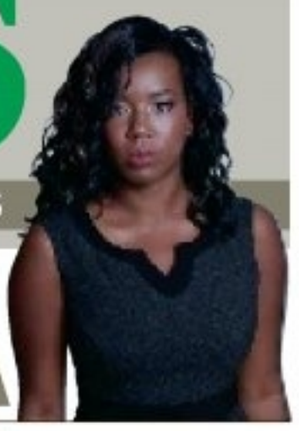
Alas, I'm afraid the answer is pretty much the same. Unless you're prepared to quit, your only other choice is breaking the law: e.g. getting some dirt on the boss and resorting to blackmail; threatening physical violence; making fraudulent claims to increase your perceived worth.

I advise against any of these approaches, not only because they're terribly impolite, but because none of them will help you in the long run. If you get caught, your career and earning power will be over for good. And even if you don't get caught, all that lying and cheating will rot your soul and make you sick and unhappy.

If your boss is as horrible as it sounds, I doubt you'll succeed in your request. But it's important to speak up anyway. You owe it to yourself, to your co-workers and even to your horrible boss to be open about your situation.

Every bit of truth that is uttered takes on a life of its own, and change can't happen without it.

Need advice?
Email Ellen:
scene@metronews.ca



VICKY MOCHAMA

Canada's sneaky-great football culture wins an NFL fan's hard heart

The consensus was that Toronto is not a great home for the Grey Cup.

On a huge weekend for Canadian football fans, you would have been hard pressed to find a Torontonian who knew the Grey Cup was even happening. A friend that couldn't believe the size of the crowds in the city wondered aloud whether the Cavalcade of Lights, the city's tree-lighting event at Nathan Phillips Square, might have been the draw.

Such is the life of a football fan in Canada's biggest cities.

I went to the Grey Cup yesterday at BMO field, on Toronto's exhibition grounds, to experience life with other football fans. Normally, I'm at a local bar where half the crowd is there for the games and the other appear to be on dates. It's not an immersive experience. I hear rumours of places where football is at the centre of social life. Saskatchewan Roughriders fans, I'm told are legendary in their ardour and volume.

At BMO field, the passion and commitment of Canada's football fans was evident. The fans were prepared. Those who had experience this before knew, for instance, that layers are essential. I've never witnessed so many grown-ups wearing long johns in this city

Another phenomenon that I'd never seen in adults who are older than me was outright debauchery. Now, I've been on a wine tour in my life so I've seen middle-aged people party hard. But until yesterday I'd never seen a fifty-plus woman drink three drinks at once.

Nonetheless, it's an incredibly friendly environment and it's a truly national league. (Despite that, it is not a friendly atmosphere for the prime minister, whose taped message unified much of the crowd in booing.)

I spoke to fans from every place that has a CFL team. For many, the Grey Cup is a multi-decade experience. I met a gentleman — a Stampeders fan — who had been to every single Grey Cup game since 1984. The Tiger-cats fan beside me had been to every one for a decade. The foursome of friends in front of us had been to 16 Grey Cups together.

Still,sometimes I had to wonder what the CFL is thinking with some choices. For example, why was Shemar Moore there? Do we not have our own handsome B-list celebrities? Was Hayden Christiansen not available?

CFL fandemonium was new for me, but for so many it's a legacy experience: it marks friendships, marriages, and a love affair with an underestimated sport.

I'm an NFL fan and as such am required to look down on the CFL. But it has something to it. Sure the play is slower and the rules are different, but it has over a hundred years of history and culture.

It's a tradition I was happy to join in: a friendly atmosphere of sport and camaraderie but with OneRepublic playing at half time.

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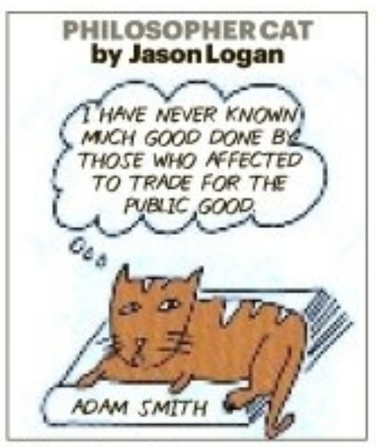

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metro LIFE

Your essential daily news

Aboriginal writer Melanie Florence wins TD Canadian Children's Literature Award for Missing Nimama

Isn't this better than the mall?

SHOPPING

Cyber Monday is one way to avoid shopping stress, strain

On social media the reaction to Cyber Monday is mixed. Some people can't seem to wait for virtual doors to open, while others don't find the deals inspiring, or are simply broke after Black Friday. ISTOCK

So, thought about getting yourself a drone?

A good deal on a drone?

Well, then make yourself a cup of hot coffee! Don't bother getting out of bed!

Flex your fingers! And shop!

Cyber Monday is here.

For those who are looking for good deals or who don't want to drag heavy shopping bags around, or perhaps who just don't want to go out, Cyber Monday is the kind of shopping that fits.

According to an Adobe Digital Insights estimate, Cyber Monday sales will hit $3.36 billion.

"It's clear that consumers have become more comfortable spending money online," said Tamara Gaffney, principal analyst at ADI, in a press release. "The convenience of not having to go into stores and deal with the stress and strain that take place during the holidays looks like one of the primary drivers for online sales growth this holiday season."

Cyber Monday is no longer a shopping event where people sneak in an item or two into their virtual shopping carts in between work, according to ADI.

"Customers are becoming more comfortable with browsing from a mobile device," Gaffney said.

But gaps remain. Desktop conversion rates are still 2.7 times higher than mobile, according to ADI. Some 30 per cent of online shopping carts result in an order when the prospective purchaser is accessing the site on a desktop, and just 19 per cent result in an order on smartphones, the ADI study found.

Deals can be interesting:

A Phantom 3 Advanced Drone with a built-in HD camera and 3 Axis Gimbal is $800, with a savings of $280 on Best Buy. Other drones on Best Buy range between $250 to $2,000.

From watches to telescopes and suitcases to sofa beds, Best Buy has an array of products and prices for Cyber Monday.

Amazon Canada has some deals on drones. Prices here range from $550 to $1,350.

From televisions to toothbrushes, and backpacks to bathroom accessories, the online giant has a huge offering for Cyber Monday.

It seems as if Staples Canada is not just for office supplies. It has some interesting deals on a variety of things from bathroom tissue to cookware sets, hair straighteners and Fitbits to . . . drones, of course. (They're all the rage.)

On social media, the reaction to Cyber Monday is mixed: Some people can't seem to wait until the virtual doors open; others don't find the deals very inspiring, and some bemoan that their wallets are empty after . . . Black Friday. TORSTAR NEWS SERVICE

SHOPPING

Keep your budget, and sanity, intact this holiday

Gail Vaz-Oxlade
For Metro Canada

People find it challenging to plan for the holiday season without blowing their budgets or their minds.

If you didn't create a savings plan at the beginning of the year to accumulate the money you'd need for this holiday shopping season, you may find it a test to really do the holidays justice without making a mess of your budget. Time to get creative:

1. Make a list and check it twice. Who doesn't need to be on there? To whom can you give a token gift to celebrate the season? How can you make your gift list fit within your budget?

Secret Santa works at work, why not also among a brood of siblings? Once you have a list, jot down your gift ideas for each person on your list.

2. Give of yourself. The very best gifts don't have to cost a lot. Offer your time for babysitting, cooking meals, house cleaning, massaging, sewing, knitting, transporting, or whatever else you're good at.

Clip a picture of the service you'll provide and be clear on how often, as in "I'll babysit one weekend a month from February to June." Or better yet, make your own coupon book.

3. Don't hungry-shop. If you're going to be out shopping for a while, pack a healthy snack and some water. Hunger and thirst have a way of muddling your thinking. Keep your energy up so your brain (and self control) can work properly.

4. Don't open up all the new store credit card accounts you're offered. It's super-tempting to get 10 per cent or 20 per cent off your purchase for the day. But think for a minute: stores must be making crap-loads of money on interest and fees to offer you that "special deal."

If you're the sucker who ends up carrying a balance, you'll spend far more in interest than you saved on purchases. Plus, opening and closing store cards can mess with your credit score.

5. Don't self-gift while shopping. Don't be one of the 70 per cent of shoppers using the one-for-you-one-for-me approach. Show some self-control!

6. Use gift cards carefully. Gift cards are all the rage. Can't think of what to get? A gift card will do nicely. Can't be bothered with the shopping mayhem? Gift card! Forgot to pick something up for Cousin Alice? Gift . . . well, you get my drift. Did you know that tons of gift cards go unredeemed every year?

If you must buy a gift card, make sure you choose a reputable retailer, since you're translating real money into retail dollars you can only spend in one place.

7. Shop with cash. Psychologists (and banks) know that shopping with plastic makes you vulnerable to spending more than you planned. Put the money you plan to spend in an envelope and attach your list.

Now you've got a reliable system — since you can't spend more than you've got in your envelope!

If you must use a card, note the amount you plan to spend in a notebook or on your phone. As you shop, deduct what you've spent. That'll help to keep the spending experience real.

For more money advice, visit Gail's website at gailvazoxlade.com

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Supplementing income with Airbnb

HOMEOWNERS

Keep in mind extra costs, insurance, tax implications

Millennials looking for extra cash to pay for school, as well as retirees on a fixed income, look to short-term rental site Airbnb as a way to earn extra money. If tight on time, they can consider property managers that specialize in Airbnb hosting to lighten the workload associated with the venture. ISTOCK

Dara Choubak and June Cormack wanted a little help with the mortgage payments on their five-bedroom home in Nelson, B.C.

But rather than take on a full-time roommate, the couple opted to list their guest bedroom on the short-term rental site Airbnb.

"It's nice to be able to have a little bit of an extra income to help us with the mortgage, but not have to commit to having somebody in our space for a long period of time," says Cormack.

Aaron Zifkin, Airbnb's Country Manager for Canada, says the site is popular among tech-savvy millennials looking for extra cash to pay for school.

Recently, it's also seen huge growth in the 55-and-over demographic, particularly among retirees looking to supplement their fixed incomes, he adds.

"It's a great way for people to monetize their most valuable asset, which tends to be their home," Zifkin says.

Experts say there are a number of things that potential hosts should consider from a financial perspective before listing their homes on the vacation rental site.

Budget for extra costs

Be mindful of the costs associated with being a host, which can include everything from toiletries to cleaning fees to additional furniture.

When Choubak and Cormack decided to list their home, they paid a small fee to obtain a business licence from the City of Nelson.

They also had to buy two extra fire extinguishers to make sure their home was up to fire code.

Talk to your insurance company

While the vast majority of Airbnb rentals are incident-free, there is always some risk involved when you allow strangers into your home.

One couple in Calgary learned that lesson the hard way when their house was trashed last year during what police reportedly described as a "drug-induced orgy."

Airbnb's host guarantee reimburses hosts for damages of up to $1 million, but the company's website says the guarantee shouldn't be treated as a stand-in for renters or homeowners insurance.

> **It's a great way for people to monetize their most valuable asset, which tends to be their home.**
> Aaron Zifkin, Airbnb Canada

That's because some things — such as damage to common or shared areas — are not covered.

"We encourage everybody to check with their insurance providers," Zifkin says.

There may be tax implications

Any money generated through rentals must be reported as income to Canada Revenue Agency says Caroline Battista, a senior tax analyst at H&R Block.

"If you're making money through a sharing app, you pay tax on that income," she says.

"But much like other rental incomes, you do have the right to claim expenses against it. So it's really about tracking your income and tracking your expenses so that you know what to claim."

Airbnb hosts who earn over $30,000 a year will also have to collect either HST or GST, depending on which province they live in, on the government's behalf, Battista says.

Consider automation to lighten the workload

There are a number of property management companies that can run your Airbnb listing for you if you're tight on time, says Glenn Carter, founder of Canadian sharing economy blog The Casual Capitalist.

Although these companies will take a cut of the profits, in some cases hosts could end up earning more money overall, Carter says.

Property managers that specialize in Airbnb hosting typically use what's called dynamic pricing to ensure that your home is priced appropriately to maximize your profits, he says.

"It frees up your time to do other things, and these companies know the market really well," says Carter.

"I've heard some people say that even after the fee they pay to the property manager, that they increased their profits ... but that's on a case-by-case basis."

THE CANADIAN PRESS

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JOHANNA SCHNELLER
WHAT I'M WATCHING

Dream of being the boss leads to waiving of rights

THE SHOW: Pencils Down! (iTunes, VOD)
THE MOMENT: The present-day echo

Screenwriters and other members of the Hollywood community address the camera in this doc about the 2007 writers' strike. In a show of solidarity, members of the Writers Guild of America — the screenwriters' union — and the people who supported them walked picket lines for 100 days, fighting for residuals for work that ran online (streaming was then brand new).

It wasn't exactly a triumph, but it was a triumph for unionism. This doc contends that the idea of unions has been tarnished, and that's a shame.

"The larger problem is a loss of community in the U.S.," says writer John Bowman. "The libertarian philosophy — every man for himself — has grabbed hold. We all admire a successful CEO. That's a great dream. But the practical reality is, there's only one of them, and there are 200,000 people working for him, who are most likely going to stay one of 200,000."

"If you are not taking care of the average worker, you create an unstable environment," agrees writer Peter Hankoff.

Every historical film, fiction or non, has to have relevance in the time it's released. This one's relevance to the just-concluded U.S. election could not be clearer if the doc makers had scripted it.

Though it may be difficult to think of screenwriting as hard labour, the liberal media here points out a perplexing truth: People's dreams of being the boss lead them to forego their rights as workers. Call it ignorance or naïve hope, but as Trump's 60 million supporters so soundly demonstrated, it's powerful.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Writer, comedian and actress Tina Fey walks the picket line with members of the Writers Guild of America as they picket in front of Viacom headquarters in New York, in this Jan. 9, 2008, file photo. AP PHOTO/KATHY WILLENS

PUNK MUSIC NOT MEANT TO GET NOSTALGIC OVER
Joe Corre, son of Vivienne Westwood and Sex Pistols creator Malcolm McLaren, burned his entire punk collection that he claims is worth £5 million ($8.4-million CDN) on Saturday in London. Corre said he set the rare punk memorabilia on fire because punk has no solutions for today's youth and is 'conning the young.' Corre told the crowd watching his self-styled protest on the River Thames that "punk was never, never meant to be nostalgic."
JOHN PHILLIPS/GETTY IMAGES; AP

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VARSITYCHRYSLER.COM

Anmol Tukrel is a Grade 12 student who designed an app that describes things you take photos of with your phone. Called iDentifi, the app aims to make everyday tasks easier for visually impaired people. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Teen gives visually impaired new lens through phone app

COMPUTER SCIENCE

Goal to make tasks such as reading food labels easier

A Toronto teen is hoping to change the lives of visually impaired people around the world with a new app that can identify virtually any object with the quick tap of an iPhone or iPad.

Anmol Tukrel, a 17-year-old Grade 12 student at Holy Trinity School in Richmond Hill, has always been fascinated with technology, particularly artificial intelligence. By the time he was in Grade 7, he was already teaching himself how to code.

Growing up, Tukrel often travelled to Pena, India to visit his aunt who worked at the K K Eye Institute, a hospital dedicated to providing eye care for people who can't afford it. That experience, combined with an internship at a startup that uses computer vision to make products for advertising firms, led him to the perfect idea for a Canada-wide Science Fair project.

"I thought I could use computer vision for a more humanitarian use, and help visually impaired people," he said.

Tukrel's iPhone app, iDentifi, allows users to take a photo of virtually any object, and then describes that item in great detail back to the user.

People can also take photos of text and have it read back to them, in one of 27 languages. Tukrel hopes it makes everyday tasks — like picking out the can of pop you want — easier for people who are visually impaired.

Jason Fayre, the head of accessibility and assistive technology at the Canadian National Institute for the Blind,tested out the app and, although there are similar apps on the market, gave it a rave review.

"I'm extremely impressed, especially that it was written by a Grade 12 person," he said.

As a visually impaired person himself, Fayre said iDentifi would make his life in easier when trying to identify things in the kitchen.

"If I don't know what a particular can of something is, being able to take a picture and have that information read back to me in great detail is very useful," he said.

It took Tukrel more than a year to develop the app, a process that involved months of painstaking research and enough code to fill a two-inch binder.

He had initially planned on making his own convolutional neural network — computer speak for the data structure used to make a program that recognizes objects. Eventually, he opted to integrate existing programs.

HOW IT WORKS

The iPhone app allows users to take a photo of virtually any object, and then describes that item in great detail back to the user.

People can also take photos of text and have it read back to them, in one of 27 languages.

The goal is to make everyday tasks, like picking a can of pop, easier for visually impaired people.

Tukrel casually speaks about computer vision, convolutional neural networks, and application program interfaces as though he were a university graduate of computer science — not an about-to-graduate high schooler.

"I've always liked technology, but as much as I like playing video games and using different apps, I wanted to be able to make them myself," Tukrel said.

For Tukrel, the work doesn't stop now that the science fair is over.

He has already met with various organizations to get feedback on the app, and plans on making tweaks to improve the user experience. So far, the app has been downloaded by several thousand people and is being used in 60 countries. And, it's free, something Tukrel doesn't plan on changing.

"I want people who are visually impaired to use it without thinking of the financial consequences of doing so," he said. "We have such great technology and I think it's important that everyone has access to it."

TORSTAR NEWS SERVICE

YOU CAN DO THIS PARALEGAL

Exciting prospects in growing sector

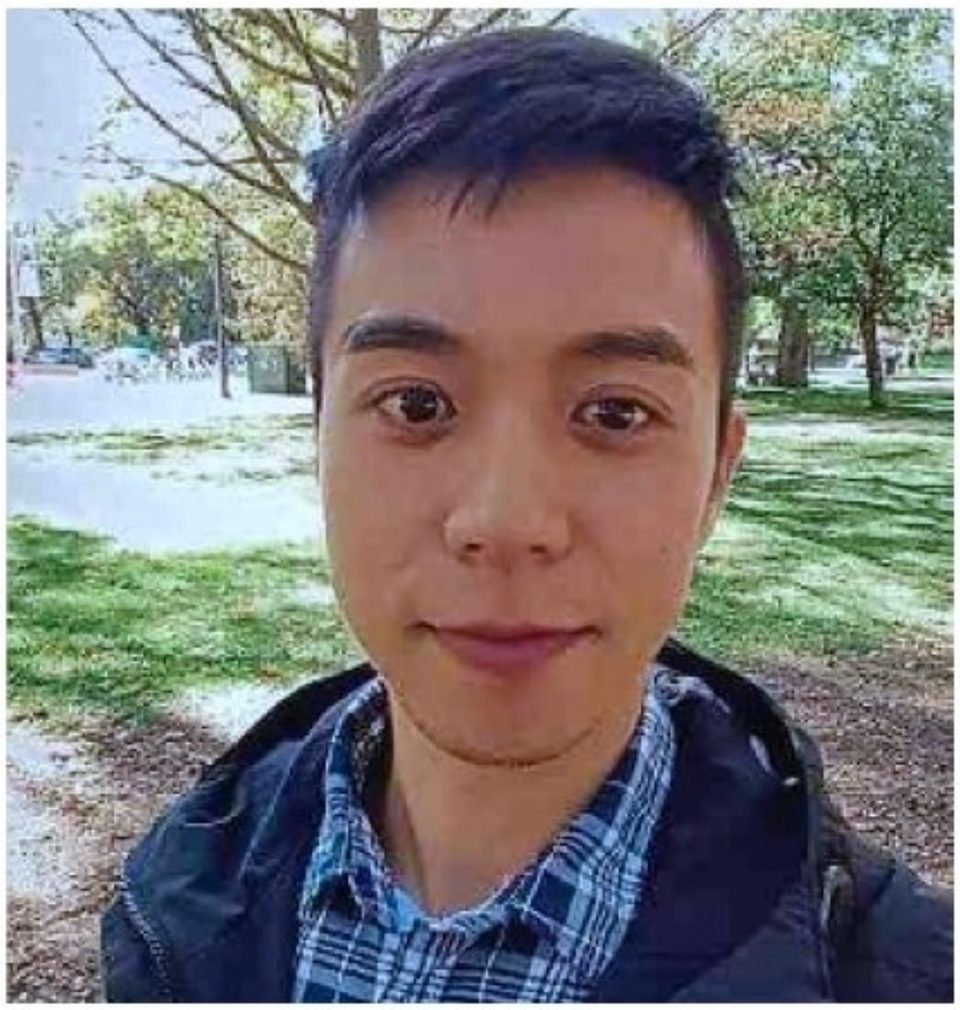
WHY I LIKE MY JOB

Pan Dong, 31, Paralegal Candidate in Toronto, Ont.

Before moving to Canada, I was a licensed lawyer in Beijing, China. As a newcomer, I had to go through Ontario's education system to work in the legal sector. I applied to Humber College's paralegal education program (which also involved an English-language assessment) and two years later I successfully graduated. The program offered valuable courses in legal writing, research and business law.

Additionally, I participated in a four-week internship, which allowed me to build a strong network of referrals that helped lead me to a full-time job with a tribunal in Toronto. Tribunals are basically government agencies that handle small claims in specialized areas, such as workplace injuries or landlord and tenant disputes. However, I can't work as a licensed paralegal until I write (and pass) the national exam administered by the Law Society of Upper Canada. My goal is to write the exam in February 2017.

I'm currently responsible for a lot of administrative work, but I'm excited about the prospect of progressing with a large government entity. I enjoy working with a diverse range of people, and I'm looking forward to having the opportunity to handle a case or represent a client in court.



HOW TO START

In Ontario, paralegals must be licensed by the Law Society of Upper Canada to legally serve as officers of the court. Ontarians have the benefit of representing clients in matters related to immigration, labour law, small claims and some instances of crime. Paralegals aren't regulated in other provinces, but are less independent as they typically work under the supervision of Barrister Solicitors. Many colleges offer reputable paralegal programs, where students will gain a strong understanding of court and tribunal procedures.

WHERE YOU CAN GO

Canada's legislation is constantly evolving, placing a larger burden on legal professionals. As the demand for legal advisement rises, more lawyers are relying on paralegals and legal assistants to take on additional responsibilities in law firms, administrative tribunals (such as the Workplace Safety and Insurance Appeals Tribunal) and various government offices. New graduates can expect to draft legal documents, conduct legal research and communicate directly with clients when needed.

NEXT CAREER STEP

As a paralegal becomes more established and develops a promising client base, he or she may opt to launch an independent practice. Others may decide to explore non-traditional markets, including marketing agencies, financial institutions and legal aid clinics. Teaching law in a post-secondary environment is also a viable career option. And of course, the ultimate goal for some is to become a licensed lawyer.

THE BASICS: Paralegal

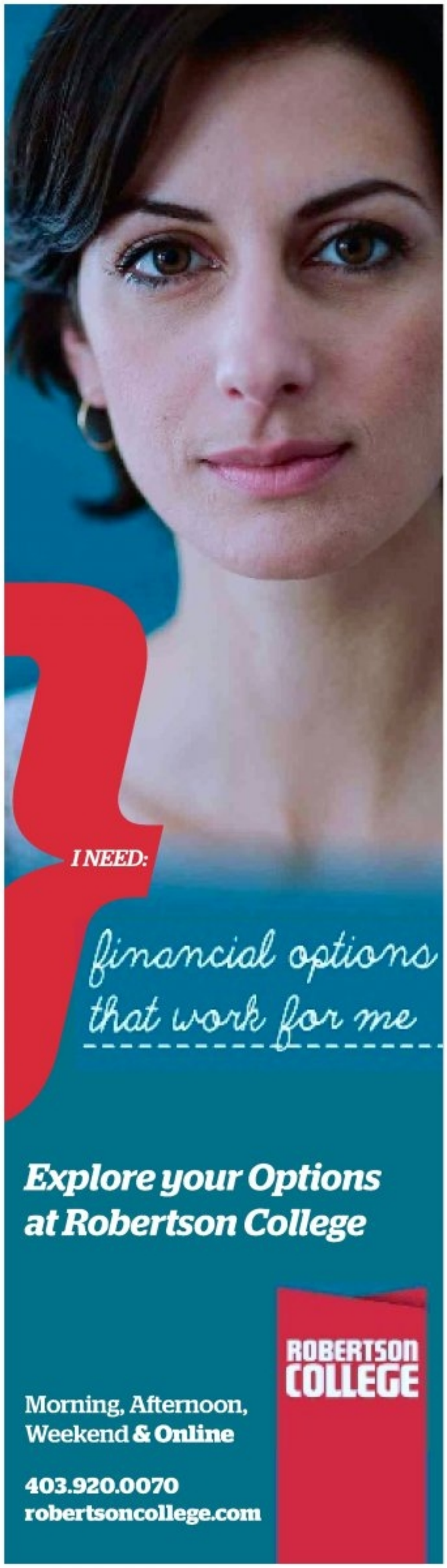
$33,000

Median starting salary for an entry-level paralegal. Depending on level of experience and location of work, advanced paralegals earn anywhere from **$50,000 to $70,000** annually.

+8%

Projected rate of job growth over the next eight years.

Data for this feature was provided by payscale.com, servicecanada.gc.ca, paralegaledu.org and onetonline.org.



5 THINGS WE LEARNED FROM THE WEEKND'S STARBOY

Canadian R&B mysterioso The Weeknd, born Abel Tesfaye, has been teasing listeners for months with two music videos, a short film called Mania and a trickle of songs to whet fans' appetites. The 18-track release comes amid the sort of hype reserved for only the biggest international stars. Here are a five things to know about his Starboy project, released on Friday. THE CANADIAN PRESS

GETTY IMAGES

1 He may be shading Drake:

Rumours of a rift between The Weeknd and old friend Drake have circulated for years without much evidence. The two knew each other when Tesfaye was getting his career off the ground, but after numerous collaborations on Drake's albums the two appeared to go their separate ways. That's left fans wondering if a line in Sidewalks is a direct shot at the Hotline Bling performer: "Too many people think they made me. Well if they really made me then replace me." Then again, that could also describe a lot of record executives.

AP PHOTO/TURNER CLASSIC MOVIES

2 He's still sombre:

Yes, several tracks are certain to ignite dance floors, but Tesfaye hasn't lost his touch for the debauchery and depressing lyrics that shaped his early career. One of his darkest songs yet, Ordinary Life, has the singer (or the Starboy character?) coming to terms with fortune and fame — and how the lifestyle might destroy him. Telling the story of a suicidal sexual encounter behind the wheel of his car, he references the death of David Carradine before reaching even further back. He sings: "Like I'm James Dean, I'mma die when I'm young."

GETTY IMAGES

3 This isn't the end:

Beyond a global tour set to kick off in the new year, the Weeknd promises more from his Starboy alter-ego. In the interview with Apple Music DJ Zane Lowe, which aired Thursday night, he said a Starboy comic book is in the works and he'd like to pitch it to Marvel or DC Comics.

FREDERIC J. BROWN/AFP/GETTY IMAGES

4 It's star-powered:

Not like The Weeknd needed marquee performers to give his latest album traction, but there's plenty of them here anyway. Robotic duo Daft Punk lend their hands to the opening and closing tracks (lead single Starboy and the funky I Feel It Coming), while Lana Del Ray drifts through the fleeting Stargirl Interlude. Others making appearances include rapper Future (All I Know) and Kendrick Lamar (Sidewalks).

5 Retro sounds are in:

While he doesn't pick a particular decade, a couple songs are fused with the spirit of Throwback Thursday. The funky Secrets borrows from the chorus of the Romantics' 1984 rock hit Talking in Your Sleep and fuses it with a sample of Pale Shelter, a 1982 track from Tears for Fears (pictured). The bootyshaker Rockin' carries a bouncy beat that would fit perfectly in an early 1990s house mix.

MIKE SLAUGHTER/TORSTAR NEWS SERVICE FILE

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CALGARY SENIORS' HOUSING FORUM

Accessibility at home and in the streets

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Accessible Housing has been busy with a couple of new initiatives that are helping to make Calgary more accessible for everyone.

The organization just launched Accessible University–Accessible U — a website that provides information and resources to help make homes more accessible for people.

"As a centralized location for data, research, toolkits and practical information, Accessible U makes relevant and understandable information readily available to you," says Jeff Dyer, the executive director of Accessible Housing.

The website, accessibleuniversity.com, is divided into main sections: Accessibility Basics, Modify a Home, Locate a Home, Community Services and Advocacy. You'll find information on planning for a home modification, lists of recommended professionals to do the work and information on potential sources of funding.

There's plenty of information about finding a home that meets someone's accessibility needs, including a 'Renter's Checklist' download available on the website. You'll also find information on products including wall-mounted toilets and sinks, slip-resistant floor tile and different ramps. You can view all of the products for your home and find out where you can buy them in Alberta.

Speaking of shopping, whether it's the UPS store in Bowness, Silk Road Spice Merchant in Inglewood or Purr Petite in Kensington, businesses around Calgary are laying colourful ramps out front to make their shops more accessible to everyone and get people talking about accessibility.

It's all part of Accessible Housing's Ramp-It-Up Project. "A simple ramp can make life easier for everyone," says Dyer. "Our ramp project creates communities where every person can access every space."

Community partners build the custom ramps for storefronts with a single-step at no cost to the shop. So far, more than 20 businesses across Calgary have put one out front and watched as people with wheelchairs or mobility aids, parents pushing strollers and even couriers using dollies are able to get to their store more easily.

While the ramps are not a perfect solution to accessibility, they get people talking about accessibility and that helps build awareness around the issue.

Accessible Housing's vision is to create a world where "everyone is home and belongs in community," says Dyer. "With each 'welcome home,' we say goodbye to housing insecurity and homelessness, welcoming a more compassionate world one day at a time. I love being part of that."

MORE ONLINE

Look out for the next installment of this feature on Jan. 30. Can't wait until then? Visit us at seniorshousingnow.ca.

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Reviewing Calgary's seniors' programs and services

The number of older adults living in Calgary is growing. In fact it's estimated that by the year 2036, almost one in five Calgarians will be a senior

To better understand what programs and services are available in our city for older adults, Age-Friendly Calgary has formed a special action team to look into what is available right now for seniors in our community.

The Programs and Services Action Team is made up of Calgarians and people who deliver services in the community that provide physical, social, creative and intellectual activities. The team's job is to identify what programs and services are working well and find ways to address any gaps there may be in those programs and services.

"We are doing this work because the number of seniors in Calgary is growing quickly," says Bruce Furlong, coordinator with Age Friendly Calgary at The City of Calgary.

"We also know that as older adults age, the risk of social isolation increases. With such a large number of older adults expected to turn age 65 in the near future, the need for programs and services that promote social connections will be greater."

An increased demand for programs and services will also mean a greater demand on a wide variety of organizations and individuals that provide service.

These include the healthcare system; local community centres; seniors' clubs; public and private transportation systems; recreation centres; City of Calgary Arts and Culture, Recreation and Parks programs and affordable and accessible housing. It will also increase demand on individual Calgarians who are caregivers for aging parents, spouses as well as young children.

The City of Calgary collaborated with older adult community members, other levels of government and members of the health, post-secondary, non-profit, and private sectors to develop a community-wide strategy to help prepare for Calgary's aging population.

Calgary City Council approved the Seniors Age-Friendly Strategy and Implementation Plan 2015-2018 in June 2015.

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Visit calgary.ca/agefriendly to download the Seniors Age-Friendly Strategy and sign up for our newsletter. If you want to get involved in the team, contact Bruce Furlong at bruce.furlong@calgary.ca.

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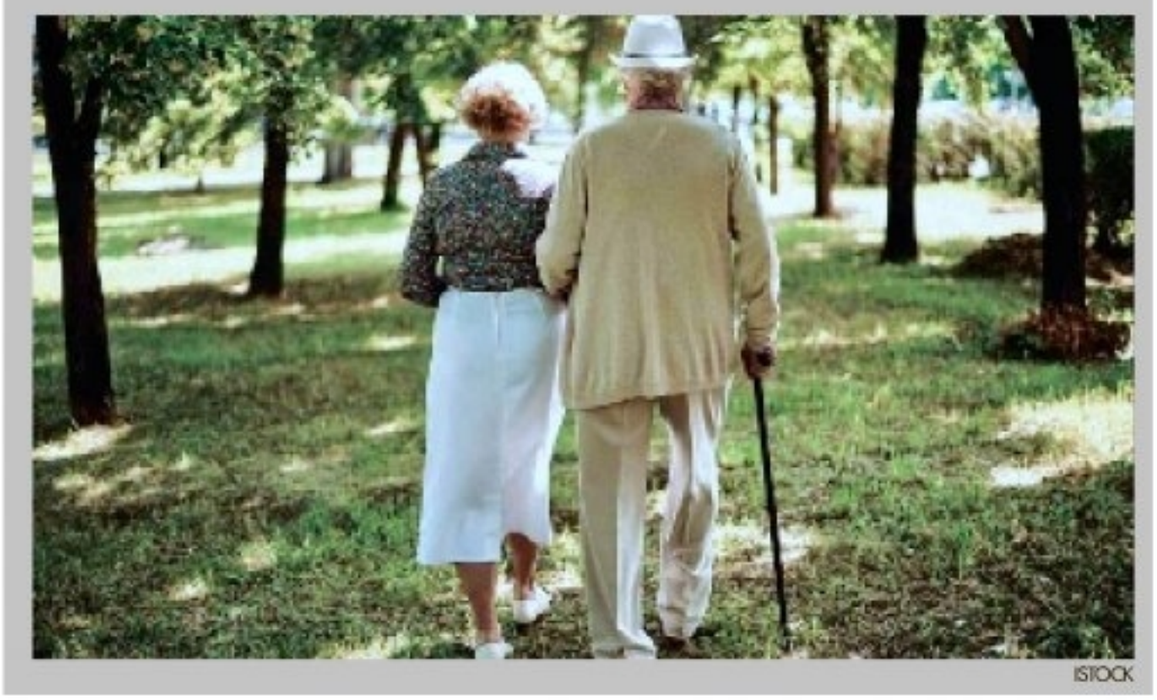
Projected older adult population increase

	2014 (current)	2024	2034	2042
Aged 65+	120,216	166,000	226,000	287,000
Aged 75+	49,512	65,000	96,000	124,000

Source: City of Calgary. 2014 Civic Census; City of Calgary, Corporate Economics. 2014-2042 Projections.



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FINANCIAL LITERACY FOR SENIORS

Some seniors face a number of obstacles when it comes to managing their finances. Many don't have access to employer pensions and rely on government pensions and their savings.

"Like all Canadians seniors are struggling with money matters and the decisions that must be made in one's life," says Kevin Maynard of the Canadian Foundation for Economic Education (CFEE). "Some are more successful than others, however it has been reported that many are not as successful as in the past."

Maynard says even though people may have knowledge around financial matters, they're not always using the knowledge to make informed choices at the appropriate time. "They need information that they could reflect on and use to make decisions with confidence and competence."

There are a number of organizations that present financial literacy programs in Calgary including the Kerby Centre, Momentum and The Alberta Network of Immigrant Women (ANIW).

"We see many seniors that struggle to maintain a healthy standard of living because their monthly income is much lower compared to what it once was, and their expenses continue to be high," says Alice Lam, a member of the board at the Calgary Immigrant Women's Association.

The program covers topics such as Income for Seniors, Continuing Care and Help at Home, and Planning for the future which includes information on Power of Attorneys, Green Sleeves, and Personal Directives.

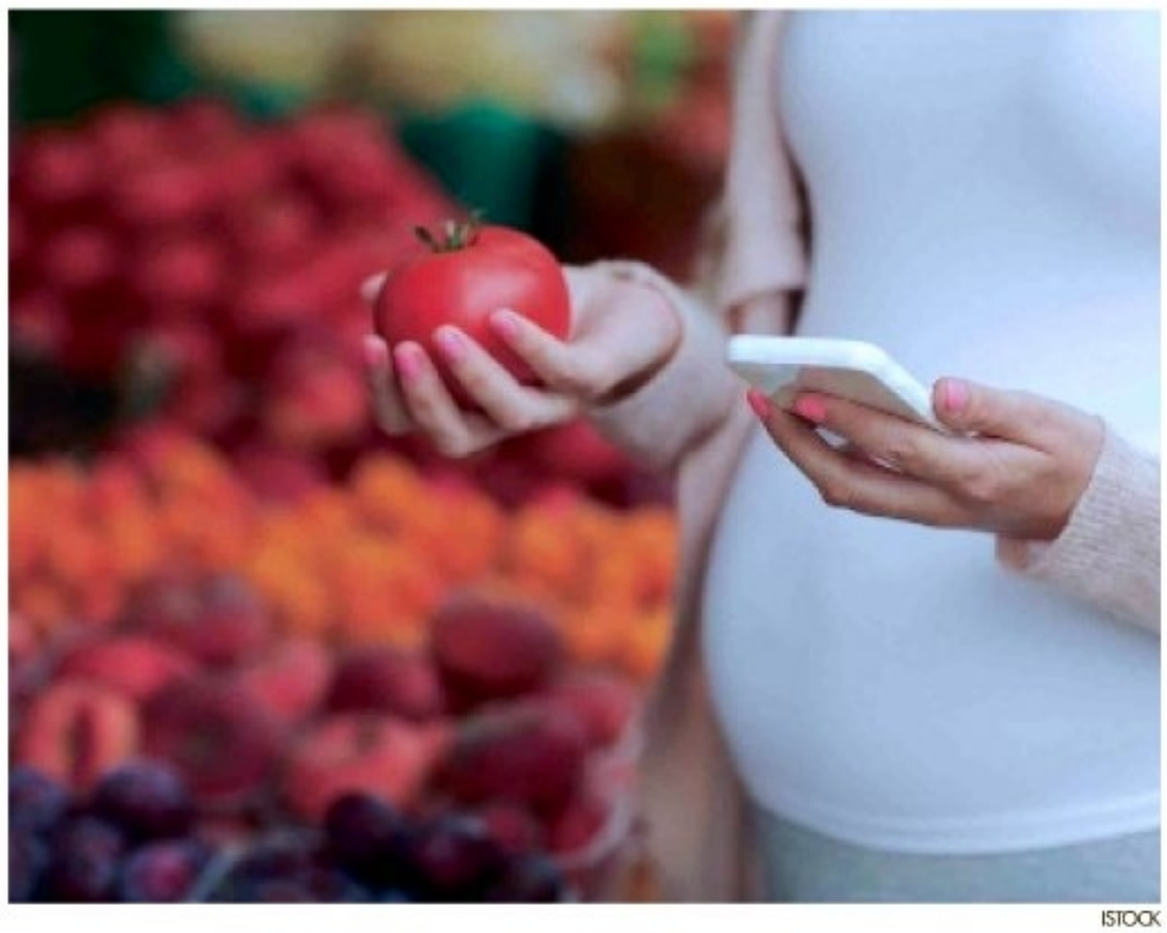
"It is imperative that there is an abundance of financial literacy programs for seniors out there," Lam says. "It is especially important for immigrant seniors who have little to no pension, and who may not qualify for seniors benefits like Old Age Security based on the duration they have been in Canada."

ANIW plans to translate its program into different languages to provide financial literacy training for immigrant women and make it more accessible. Increasing financial literacy in older adults can help improve their standards of living.

"The financial literacy of Canadian seniors is a concern," says Maynard. "They need information that they could reflect on and use to make decisions with confidence and competence."

ISTOCK

Better options than ever for easy grocery shopping



ISTOCK

Getting to the supermarket to pick up milk for tea or staples for the week can be a difficult expedition for some older adults.

When grocery shopping turns into a burden because of a short term illness, mobility challenges or bad weather that makes it hard to get outside, the good news is there are more programs available that may help seniors get the provisions they need.

CO-OP grocery stores in Calgary have just started providing a volunteer grocery shopping escort every two weeks. The program, in partnership with Calgary Seniors Resource Society, sends a volunteer to come pick you up and take you shopping. It's supported financially by CO-OP. To find out more, visit calgaryseniors.org or call 403-266-6200.

Kerby Centre has a program called Thrive in which low income and vulnerable seniors are connected with a grocery delivery program, based on some eligibility criteria. The program will see to it that groceries are picked up, delivered and put away. It also covers medications. Call 403-234-6571 for more information.

Real Canadian Superstore has an online grocery website where you can order what you need with just a few clicks. You enter your postal code and select which store you want. Then you start clicking on the items you want to buy. You can browse by aisle — just like you would in a real grocery store — brand or just shop for sale items in that week's flyer. The staff will do the actual shopping for you and have everything ready for a family member to drop by and pick up for a small additional fee.

SPUD.ca offers a similar online ordering system that includes the usual meat, diary, vegetables, cleaning products, etc., but they will deliver your groceries directly to your door.

And keep your eye on Amazon. The vast online store is already offering grocery shopping in many places around the world and is planning to expand the service. When it arrives in Calgary, you will be able to shop for a wide selection of fresh produce, meats, dairy, frozen items and household essentials as well as your favourite items from neighborhood shops and restaurants.

Grocery stores are providing more convenience for all their customers, regardless of their age. And with the possibility, or probability, of drone/driverless car bringing you food to the door, costs will likely go down, making it more affordable for people on limited incomes.

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Mega Cyber deals

ONLINE DISCOUNTS

Stay home and get more bang for your buck

Jaclyn Tersigni

If parking lot traffic jams and hour-long checkout queues aren't your thing, don't fret: there's a shopping occasion for you, too. Cyber Monday is the online-only discount extravaganza, where you can reap mega-discounted goods from the comfort of your bed, if you so choose. The deals are just as good as those offered on Black Friday, so you can happily wait until Monday morning. Here's a handful of bargains you'll be able to find.

A perfect gift for the amateur photographer on your holiday shopping list. This drone-plus-camera (1080 pixels, for high-definition footage) set allows for incredible aerial shots.
DJI Phantom 3 Advanced Quadcopter Drone with Camera. On sale for $799.99 (save $280) at Best Buy, bestbuy.ca.

The newest edition of the mega-popular hoverboard comes with built-in Bluetooth speakers. Available in a variety of hues, including pink, yellow, red, white and blue.
Swagtron T3 Hands Free Smart Board. On sale for $499 (save $150) at Staples, staples.ca.

British jewellery brand Links of London is taking 20 per cent off its wares online — including this 18-karat-gold cuff. Bonus: if you spend $595 or more online, you'll receive a complementary, limited edition Timeless Diamond Bracelet (valued at $245).
18K Yellow Gold Vermeil Woven Cuff. $875 (plus 20 per cent off) at Links of London, linksoflondon.com.

Big discounts on Apple products are often hard to come by, making this 33 per cent off deal on an Apple Watch extra tempting. Receive and respond to messages, make payments, control your music, and more, all from your wrist. It is Wi-Fi- and Bluetooth-equipped, and its battery lasts for up to 18 hours on a single charge.
Apple Watch 42MM Stainless Steel. On sale for $369.99 at eBay, ebay.ca.

Canadian aromatherapy retailer Saje Natural Wellness is offering 20 per cent off its online store — including this multifaceted ultrasonic diffuser, and collection of essential oil blends.
Aromagem 2.0 Ultrasonic Diffuser. $74.95 (plus 20 per cent off); Deluxe diffuser blend kit. $84.95 (plus 20 per cent off) at Saje Natural Wellness, saje.com.

This heated hair brush with adjustable temperature controls makes hair-straightening a breeze. It has a six-foot swivel cord, dual voltage, an LCD safety feature.
Haute Brush Hair Straightener. On sale for $29.99 (save $40) at Staples, staples.ca.

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mail SPORTS

Tessa Virtue and Scott Moir set a record score of 195.84 to win the ice dance event at the NHK Trophy in Japan and qualify for the Grand Prix Final

Stamps stunned in OT

GREY CUP 2016

Burris leads Redblacks to their first championship

Henry Burris's 18-yard TD strike to Ernest Jackson earned the Ottawa Redblacks an epic 39-33 overtime Grey Cup win over the Calgary Stampeders on Sunday night.

Burris, the game MVP, found Jackson — who bobbled the pass — on the first overtime possession. But the veteran quarterback couldn't hit a wide-open Khalil Paden for the two-point convert.

Calgary needed to match Ottawa's six points but went three-and-out on its possession. Bo Levi Mitchell's third-down pass went off Bakari Grant's hands to give Ottawa one of the biggest upset victories in Grey Cup history.

Burris was stellar, throwing three TD passes and running for two more.

"There was almost a situation where I wasn't able to play today. My knee locked up on me before the game, I mean I wouldn't have been able to accept that," Burris said when interviewed by TSN after receiving his MVP award.

"But you know what? For all those haters out there, their organizations haven't won a Grey Cup in decades, but ours, in three years, here we are, Grey Cup champions."

Henry Burris hoists the Grey Cup on Sunday in Toronto. The veteran quarterback won his third championship. FRANK GUNN/THE CANADIAN PRESS

It was the third game in Grey Cup history to go to overtime and first since 2005 when Edmonton beat Montreal 38-35 at BC Place Stadium.

Rene Paredes' 10-yard field goal with nine seconds remaining forced overtime as Calgary impressively rallied from a 27-7 third-quarter deficit.

DaVaris Daniels scored on a 19-yard TD run on third-and-two at 13:22 of the fourth to cut Ottawa's lead to 33-30 before Glenn Love recovered Rob Maver's onside kick at Calgary's 49-yard line with 1:36 remaining.

Burris opened the third hitting Brad Sinopoli, the game's top Canadian, on a nine-yard TD strike at 3:21 to cap an impressive 69-yard, six-play drive. But after a Paredes 32-yard field goal at 7:40, Mitchell hit Lemar Durant on a 34-yard TD strike at 11:01, cutting Ottawa's lead to 27-17.

Then Andrew Buckley's one-yard TD run at 1:25 of the fourth pulled Calgary to within 27-23 as Paredes missed the convert.

The game could be the last of Burris's illustrious 17-year CFL career. The 41-year-old said this week he'll take the off-season to ponder his future.

If Burris retires, he'll certainly leave on a huge high, completing 35 of 46 passes for 461 yards en route to his third Grey Cup title. And he did a nice job of distributing the ball, using eight different receivers in the game.

Before a capacity crowd of 33,421, Ottawa was a staggering underdog after finishing atop the East Division with an 8-9-1 mark — the first team in CFL history to take first in a conference with a losing record. Calgary was a league-best 15-2-1 and was coming off a 42-15 West Division final win over B.C.

Mitchell, the recently named season's most outstanding player, threw three interceptions. He also passed for 391 yards and two TDs. THE CANADIAN PRESS

104TH GREY CUP

39 33

VANIER CUP

Laval snatches title from Calgary

Hugo Richard is used to answering his critics.

The Rouge et Or quarterback did it once again Saturday afternoon, running in the winning touchdown late in the fourth quarter as Laval rallied past the Calgary Dinos 31-26 on Saturday in Hamilton to capture their ninth Vanier Cup.

"I like showing to people that I'm capable of playing football," Richard said after the Rouge et Or won their first Canadian university football championship since 2013, when they also beat the Dinos.

"There's always going to be critics, but listen, I'm my biggest critic, it doesn't bother me."

The third-year Rouge et Or quarterback finished the game completing 25-of-32 passes for 339 yards, two touchdowns and an interception while also running for 62 yards on nine carries. THE CANADIAN PRESS

Laval's Marc-Antoine Pivin hauls in a touchdown on Saturday. THE CANADIAN PRESS

Rookie Flyer goalie snuffs out Flames

NHL

Calgary's six-game road trip ends Monday against Isles

Anthony Stolarz made 29 saves for his first NHL victory in the Philadelphia Flyers' 5-3 win over the Calgary Flames on Sunday night.

Stolarz also became the first New Jersey native to appear in goal in an NHL game. The 22-year-old was born in Edison, about 60 miles northeast of Philadelphia.

Michael Raffl, Jakub Voracek, Chris VandeVelde, Wayne Simmonds and Roman Lyubimov scored to help the Flyers snap a two-game losing streak and improve to 10-10-3.

T.J. Brodie, Matthew Tkachuk and Alex Chiasson scored for the Flames. They are 10-13-1 overall, and 3-2-0 on a six-game trip that will end Monday night against the New York Islanders.

Stolarz was drafted by the Flyers in the second round in 2012 and had been recalled six other times before making his NHL debut as the tallest goalie (six-foot-six) in Flyers history.

Stolarz allowed a short-handed goal on the second shot he faced, but stopped the next 23 shots and saw the Flyers take a 4-1 lead into the third period.

Wayne Simmonds beats Chad Johnson Sunday in Philadelphia. MATT SLOCUM/THE ASSOCIATED PRESS

SUNDAY in Philadelphia

5	3
FLYERS	FLAMES

The Flames grabbed an early lead when Brodie lifted a short-handed backhander under Stolarz's catching arm for his first goal of the season. It was Calgary's league-leading fourth short-handed goal.

The Flyers tied it at 17:42 when Voracek swung around the back of the net and fed Raffl for his fourth goal of the season. Voracek gave the Flyers their first lead of the game 52 seconds into the second period with his first power-play goal. Voracek's intended pass for Wayne Simmonds deflected off Flames defenceman Mark Giordano and over Johnson for his eighth goal of the season.

The Flyers made it 4-1 on goals by VandeVelde and Simmonds 24 seconds apart. VandeVelde parked in the slot and redirected a pass from Lyubimov for his fourth goal of the season. Shortly after the ensuing faceoff, Simmonds broke away and put a backhander past Johnson for his 11th goal.

The Flames drew within 4-2 8:05 into final period on Tkachuk's sixth goal of the season, but Lyubimov restored the Flyers' three-goal lead with his fourth goal of the season off a Michael Del Zotto rebound.

Chiasson scored the Flames' second short-handed goal of the night with 1:50 remaining. THE ASSOCIATED PRESS

FOOTBALL

Brady leads Pats in his 200th NFL win

Tom Brady was hobbled, yet efficient as ever with the game on the line and time on the clock.

Playing with an ailing knee, Brady tied Peyton Manning for most wins by a quarterback in NFL history, getting his 200th by throwing a go-ahead eight-yard touchdown pass to Malcolm Mitchell with 1:56 left, leading the New England Patriots to a 22-17 victory over the New York Jets on Sunday.

It was the 50th time Brady has led a Patriots win while facing a fourth-quarter deficit or tie.

"The quarterback's job is to win," Patriots coach Bill Belichick said. "He's won a lot. That's good. I'm glad he's our quarterback."

Trailing 17-16 with 5:04 left and the ball on the Patriots 17, Brady led a solid drive by completing six passes.

After James White stretched for four yards on fourth-and-four, a 25-yard catch by Chris Hogan put the ball at the eight. Brady then zipped a pass to Mitchell to put the Patriots (9-2) ahead.

Tom Brady GETTY IMAGES

"We didn't play as well as we wanted to," Brady said, "but we made the plays when we needed to."

A two-point conversion try by White was initially ruled good, but reversed on replay because the ball never crossed the goal line — giving the Jets (3-8) a final chance.

But Chris Long hit Ryan Fitzpatrick before he could throw, resulting in a fumble recovered by Trey Flowers.

The Patriots then ran out the clock to win the closely played game that had been flexed out of a prime-time spot.

The teams have had a final margin of seven points or fewer in each of their last seven meetings. THE ASSOCIATED PRESS

AUTO RACING

Like dad, like son: Rosberg F1 champ

Nico Rosberg will no longer be known simply as the son of Formula One champion Keke Rosberg.

The German driver is now a champion in his own right after clinching his first title on Sunday to match his father's achievement from 1982.

"Two Rosbergs are world champions ... if I've got my statistics right," Nico Rosberg joked moments after clinching the title.

Graham Hill (1962, 1968) and Damon Hill (1996) are the only other father and son to have won the title.

Nico Rosberg GETTY IMAGES

Rosberg's second place at the season-ending Abu Dhabi Grand Prix was enough to wrestle the title away from Mercedes teammate Lewis Hamilton and also prevented his arch-rival from clinching his third straight championship and fourth overall.

"It's unbelievably special to beat him because the level's so high," Rosberg said. THE ASSOCIATED PRESS

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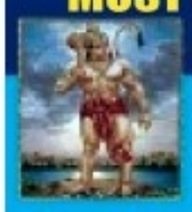

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IN BRIEF

Denmark emerges on top in golf's World Cup

Denmark fought off a three-pronged attack Sunday to win golf's World Cup at Kingston Heath in Melbourne, Australia.

Soren Kjeldsen and Thorbjorn Olesen held their nerve after a four-shot overnight lead was threatened by China, France and Sweden. The pair combined superbly in the best-ball format for a closing 6-under 66 to finish on 20-under 268, four shots clear of France (63), China (65) and the United States (66) in a three-way tie for second. THE ASSOCIATED PRESS

Argentina wins Davis Cup

Argentina won its first Davis Cup title on Sunday when Federico Delbonis swept past Ivo Karlovic in straight sets to complete a 3-2 comeback win over Croatia.

Delbonis dropped to the ground after his 6-3, 6-4, 6-2 victory. His teammates fell into each other's arms and celebrated in front of thousands of Argentine fans in the packed Arena Zagreb.

Argentina was playing in its fifth final since 1981. THE ASSOCIATED PRESS

RECIPE Spaghetti and Meatballs

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

You'll love this spin on a classic.

Ready in 70 minutes
Prep time: 30 minutes
Cook time: 40 minutes
Serves 4

Ingredients
- 1 onion, chopped fine
- olive oil
- 2 or 3 cloves of garlic, minced
- 1/4 tsp nutmeg
- pinch of cinnamon
- pinch of chili flakes
- 1 tsp salt
- 1x28 oz. cans of plum tomatoes
- good splash of red wine vinegar
- 1/2 tsp pepper
- 1/2 cup panko or bread crumbs
- 1/2 cup grated Parmesan
- 1 egg
- 1/2 lemon's worth of zest
- 1 lb. ground beef

Directions

1. Saute onion in a glug of olive oil for 4 minutes. Add garlic, nutmeg, cinnamon, chili, salt and pepper. Cook for a couple more minutes.

2. Take half the onion and garlic mixture and put it in a large bowl. Add tomatoes and red wine vinegar to remaining onions in pan and simmer.

3. To onion mixture in bowl, add panko, grated Parmesan, egg, lemon zest, and meat. Combine and form into 1-inch balls.

4. Put pot of water on to boil for your pasta.

5. In a separate pan, cook meatballs over a medium heat until browned and cooked through. You'll probably have to do it in two batches. Add them to the sauce and continue to let simmer

6. Cook your pasta to al dente and serve.

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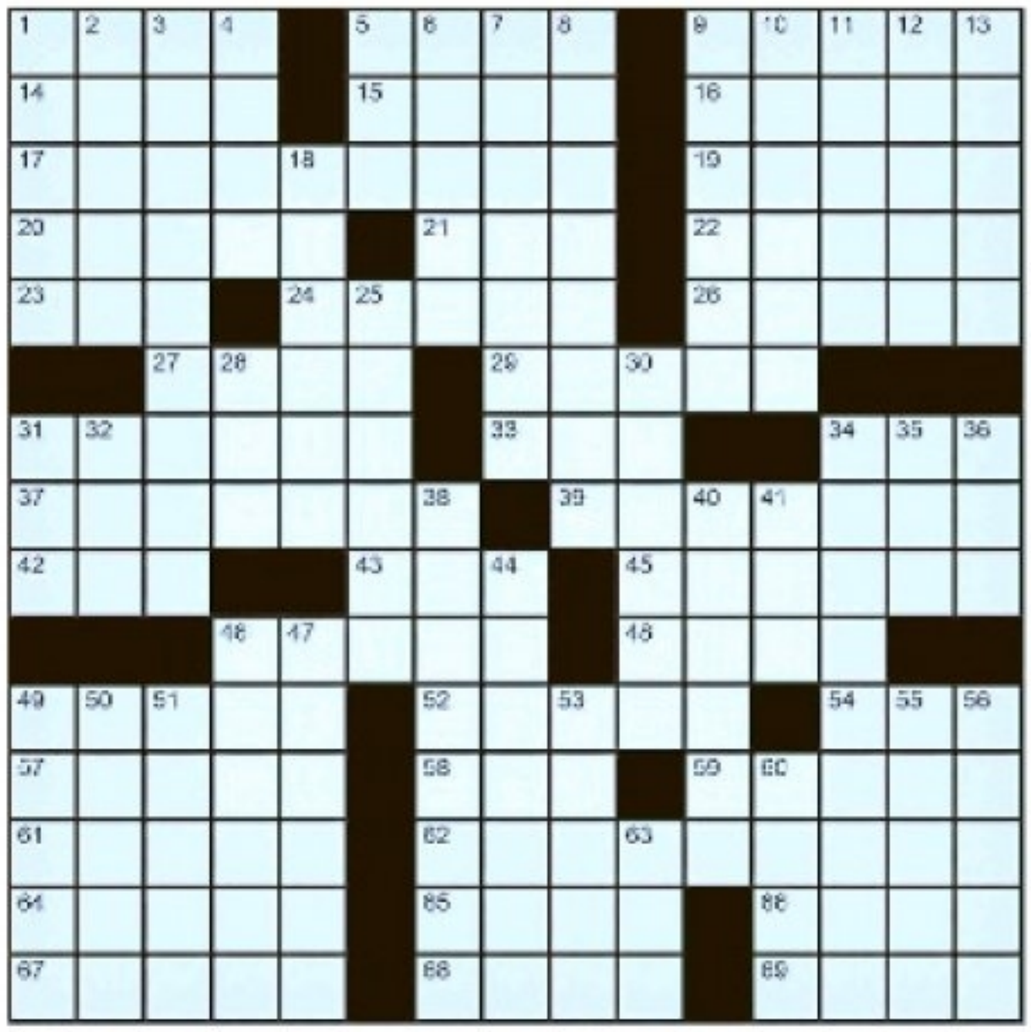
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Eugene O'Neill play, _ Christie
5. Kitchen amt.
9. "Beau _" (1939)
14. 1970s fad, _ rings
15. Harp, in Italy
16. Like bits of porridge
17. Energy company headquartered in Saint John, New Brunswick: 2 wds.
19. Pedestal
20. Express
21. Alias acronym
22. Gumption
23. "Hush."
24. Accountant's review
26. Vexed
27. Pull in pay
29. Brisk as a late Fall day
31. Comic actor David, and surnamesakes
33. Long-snouted fish
34. Tavern
37. 'Musical' membrane?
39. Salad staple
42. AC/DC song
43. Sales pro
45. The space under a leafy tree on a sunny day
46. Bleak, in poetry
48. Trudged
49. The _ Stooges
52. Cereal brand, _ Puffs
54. "Uh-huh!"
57. Carriers of blood
58. Friend of Canada, e.g.
59. Sugar: French
61. Beatles: "Sexy _"
62. Northeastern Ontario town, home of the Ontario Loggers Hall of Fame
64. Women's tennis great Chris
65. Type size
66. Mr. Cassini (First Lady Jacqueline Kennedy's designer)
67. Newbies
68. Billy Ray Cyrus' "_ Breaky Heart"
69. Seven, in Portugal

DOWN
1. Haywire
2. "_ Country" (2005) starring Charlize Theron
3. Song by Canadian band Spoons that starts "Architects of the world / I walk your streets and live in your towns...": 2 wds.
4. Prospector's passage
5. Product's price-putting place
6. Wide ranging
7. Touchdown getter's celebratory move in the end zone with the football
8. Grand, like Versailles
9. "_ Girl" (Blake Lively show)
10. Menu establishment
11. Filled the air like sardines
12. Uptight
13. Wrapped up
18. More within reach
25. Not certain
28. Contribute
30. "There you have it!"
31. Established
32. Pot's kitchen pal
34. Martini-glass-holding character for Scott Thompson on "The Kids in the Hall": 2 wds.
35. Genius
36. Corrector's pen choice
38. "I'm sorry.": 2 wds.
40. Be a caught shark, do this
41. Spiritual 'way'
44. Commonplace
46. Movie great Robert: 2 wds.
47. Puts back to zero
49. RCA product: 2 wds.
50. Bad guy, in a movie
51. "Easy _" (1969)
53. Fisherman's count
55. Word on a Quebec stop sign
56. Pruned property partition
60. Li'l Martian crafts
63. Coral reef

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
It's important to grab every opportunity to expand your horizons. Travel or learn new things, because this is what will please you the most right now.

Taurus April 21 - May 21
Take care of loose details related to red-tape matters like insurance issues, inheritances, taxes, debt and shared property. Don't let these loose ends nag you.

Gemini May 22 - June 21
Remember to get more sleep, because the Sun is opposite your sign at this time of year. You definitely need more rest. That's the way it works.

Cancer June 22 - July 23
Do whatever you can to feel better organized. Tidy up loose ends both at home and work, because this will make you feel mentally and emotionally stronger.

Leo July 24 - Aug. 23
This is a playful time of year for you. Enjoy fun activities with children, the arts, social outings, sports events and any chance to express your own creative talents.

Virgo Aug. 24 - Sept. 23
It's most appropriate that you focus on home, family and your private life at this time. Home repairs plus interactions with relatives, especially parents, are important.

Libra Sept. 24 - Oct. 23
You have a strong desire to enlighten others about something. You want to write, talk and express your ideas in any way that you can. Fortunately, others will listen.

Scorpio Oct. 24 - Nov. 22
As you think about money, cash flow and earnings at this time, basically, you are dealing with your values. It's important to know what really matters in life.

Sagittarius Nov. 23 - Dec. 21
This is your chance to replenish yourself for the rest of the year. Talk to others and ask for what you want and what you need. Resources will come to you now.

Capricorn Dec. 22 - Jan. 20
Use this time to plan ahead for your new year (birthday to birthday). If you set goals, especially with deadlines, you are more likely to achieve what you want.

Aquarius Jan. 21 - Feb. 19
Share your hopes and dreams for the future with someone today, because his or her feedback will help you. Someone younger might have ideas that you admire.

Pisces Feb. 20 - March 20
Because you look favourable in the eyes of bosses, parents, teachers and VIPs at this time, make your move! Push your own agenda forward, because you will get what you want.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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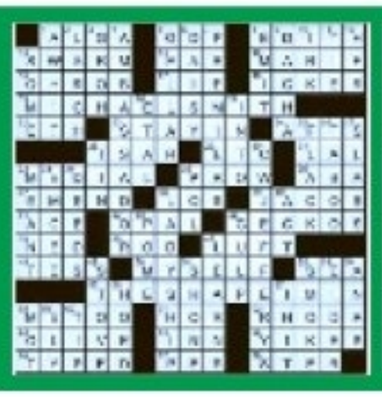

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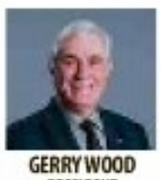

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